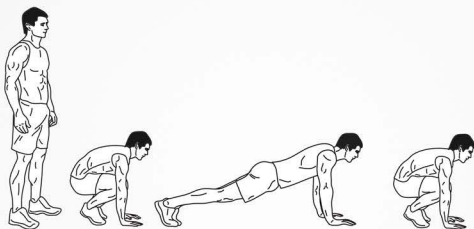


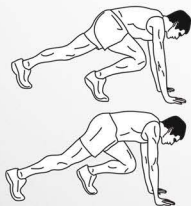
RAMBO

ENTRAÎNEMENT **HIIT** PAR DAREBEE © darebee.fr

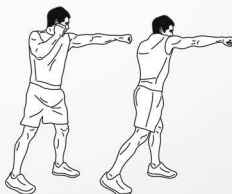
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



20sec burpees basiques



20sec grimpeurs



20sec coups de poing