

# SACCAGE

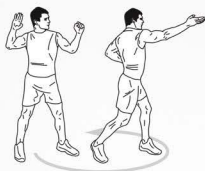
ENTRAÎNEMENT **HIIT** PAR DAREBEE © [darebee.fr](https://darebee.fr)

Niveau I 3 rounds Niveau II 5 rounds Niveau III 7 rounds

2 minutes de repos entre les rounds



**20sec** levées de genoux



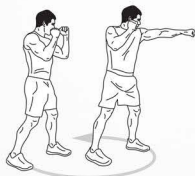
**20sec** coups de couteau



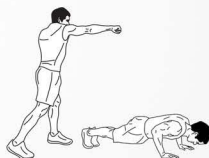
**20sec** coup de couteau + squat



**20sec** levées de genoux



**20sec** jabs



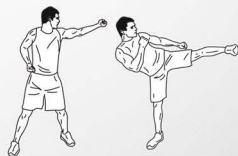
**20sec** jab + cross + pompe



**20sec** levées de genoux



**20sec** backfists



**20sec** backfist + coup de pied