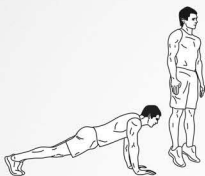


# En Rafale

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

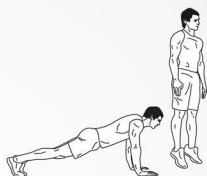
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



**10sec** burpees basiques



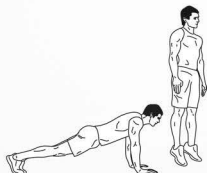
**30sec** planche



**10sec** burpees basiques



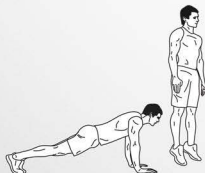
**30sec** planche latérale



**10sec** burpees basiques



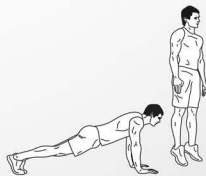
**30sec** planche sur un bras



**10sec** burpees basiques



**30sec** planche jambe levée



**10sec** burpees basiques