

# LE JUGEMENT

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

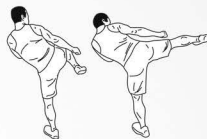
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



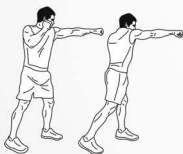
**20sec** coups de pied



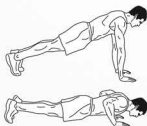
**20sec** planche



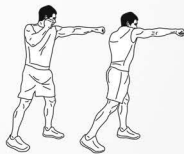
**20sec** coups de pied



**20sec** coups de poing



**20sec** pompes



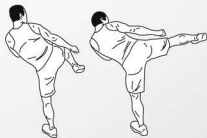
**20sec** coups de poing



**20sec** coups de pied



**20sec** planche



**20sec** coups de pied