

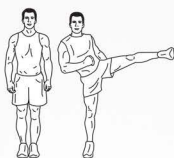
REDRESSEUR

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

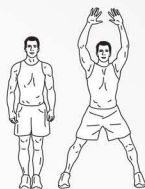
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes de repos



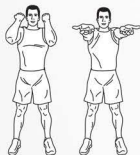
20sec jumping jacks



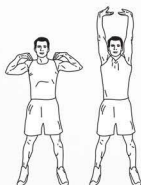
20sec levées de jambe



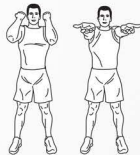
20sec jumping jacks



20sec biceps extensions



20sec toucher-épaules



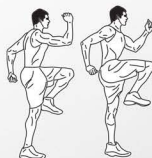
20sec biceps extensions



20sec pas de marche



20sec fentes inversées



20sec pas de marche