

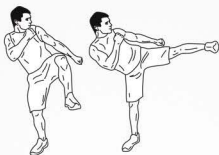
LE RIVAL

ENTRAÎNEMENT par DAREBEE @ darebee.fr

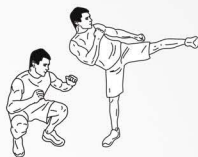
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 bounces



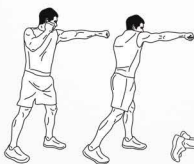
20 coups de pied



20 squat + coup de pied



20 bounces



20 coups de poing (jab + cross)



20 pompes + jab + cross



20 bounces



20 hooks



20 squat + hook