

COURS PLUS VITE

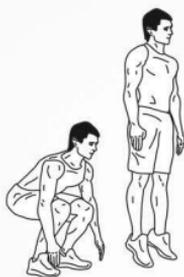
CIRCUIT

PAR DAREBEE © darebee.fr

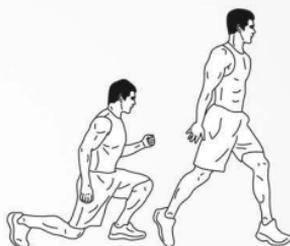
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



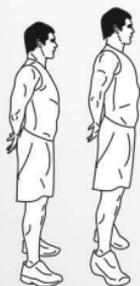
20 levées de genoux



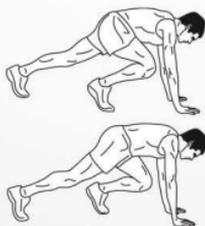
10 squats sautés



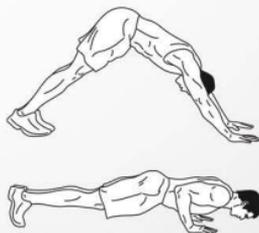
10 fentes sautées



20 talons levés



10 grimpeurs



10 pompes judo (hindu)