

# COUREUR FORCE

## BAS DU CORPS

ENTRAÎNEMENT PAR DAREBEE @ [darebee.fr](https://darebee.fr)

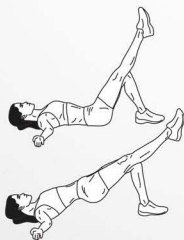
2 minutes de repos entre les exercices



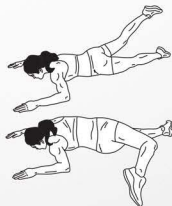
**10** fentes latérales x **3 séries**  
20 sec de repos entre les séries



**10** fentes inversées x **3 séries**  
20 seconds rest between sets



**10** ponts x **3 séries**  
20 seconds rest between sets



**10** torsions Scorpion x **3 séries**  
20 seconds rest between sets