

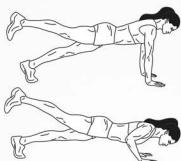
# Sabre

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

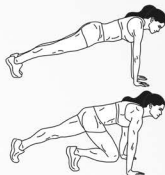
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



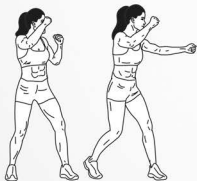
**10** pompes



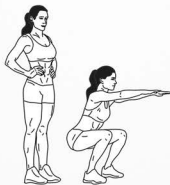
**4** pompes jambe levée



**20** grimpeurs lents



**20** coups de poing



**10** squats



**10** squats sautés



**10** planche dynamique