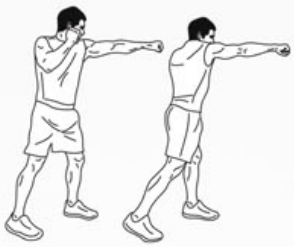
SAGE

DAREBEE ENTRAÎNEMENT © darebee.com

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

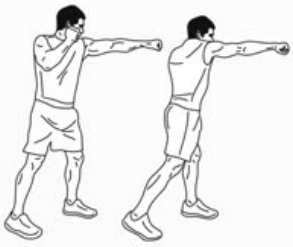
5 squats



20 coups de poing

10 rotations hanche

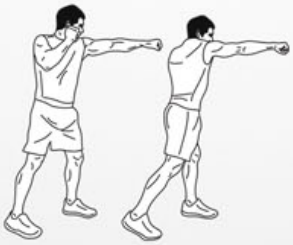
5 squats



20 coups de poing

5 talons levés

5 squats



20 coups de poing

10-count squat

10-count = "en comptant jusqu'à 10"