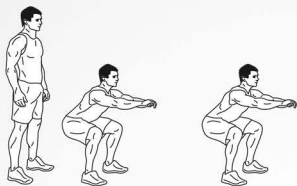


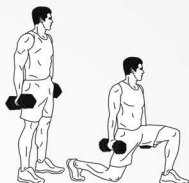
# SENTINELLE+

ENTRAÎNEMENT par DAREBEE © [darebee.fr](http://darebee.fr)

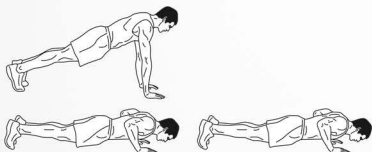
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



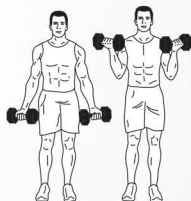
**4combos: 10 squats + 10-count** maintien



**20 fentes**



**4combos: 5 pompes + 5-count** maintien

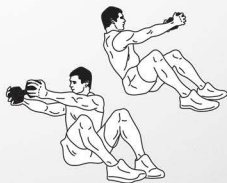


**20 biceps curls**



**4combos: 10 rotations des genoux + 10-count** maintien

**10-count** = en comptant jusqu'à 10.



**20 rotations**