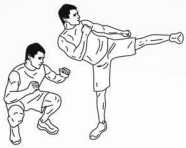
7 NINJAS

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

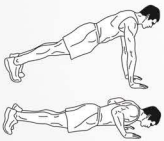
2 minutes de repos entre les ninjas

10 coups de pied



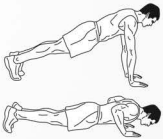
10 squat + coup de pied

20 coups de poing

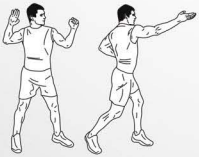


2 pompes

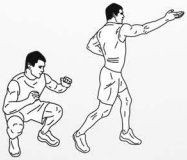
10-count planche basse
(en comptant jusqu'à 10)



2 pompes



10 coups de couteau



10 squat + coup de couteau

20 coups de poing