

skydiver

ENTRAÎNEMENT **HIIT** PAR DAREBEE © darebee.fr

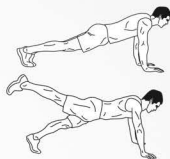
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



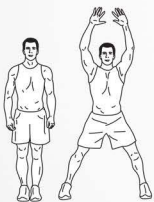
20sec jumping jacks



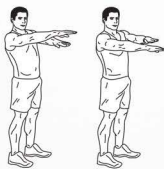
20sec cercles bras tendus



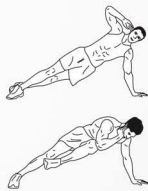
20sec levées de jambe



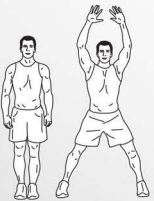
20sec jumping jacks



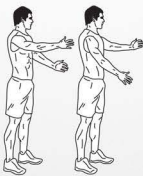
20sec ciseaux



20sec coude-genoux



20sec jumping jacks



20sec ciseaux



20sec pompes sky diver