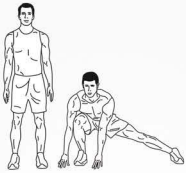
SPARTACUS

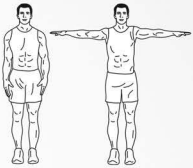
ENTRAÎNEMENT PAR DAREBEE © darebee.fr

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

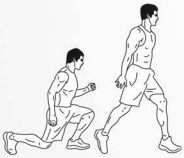
20 squats



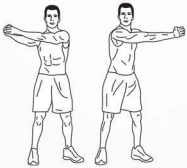
10 fentes profondes



20 levées des bras

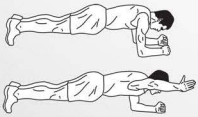


6 fentes sautées

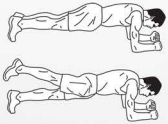


20 coups de mains serrées

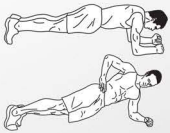
6 grimpeurs lents



10 levées de bras



10 levées de jambe



10 rotations en planche