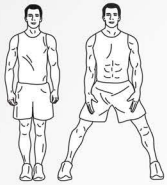
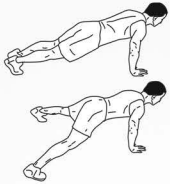
ESPION

ENTRAÎNEMENT par DAREBEE © darebee.fr

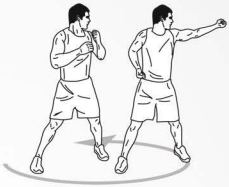
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 écarté-serrés

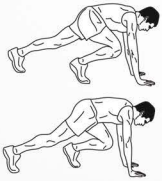


10 écarté-serrés en planche



20 bounces + backfist

20 levées de genoux

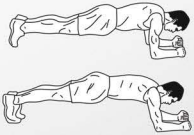


10 grimpeurs

20 bounces + coup de pied

10-count planche

10-count planche latérale



10 planche scie

10-count = en comptant jusqu'à 10.