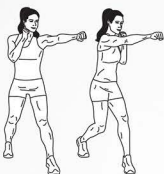


CRITIQUE

ENTRAÎNEMENT par DAREBEE @ darebee.fr

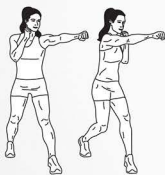
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



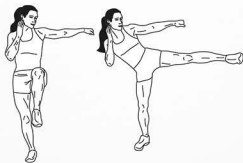
20 coups de poing directs



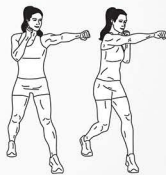
20 coups de pied crochetés



20 coups de poing directs



20 coups de pied de côté



20 coups de poing directs



20 coups de pied directs