

TANK TOP

ENTRAÎNEMENT

par DAREBEE

© darebee.fr

NIVEAU I 3 séries

NIVEAU II 5 séries

NIVEAU III 7 séries

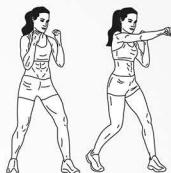
REPOS jusqu'à 2 minutes



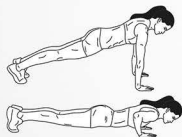
20 coups de poing



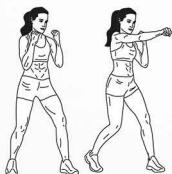
10 rotations en planche



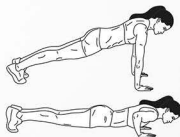
20 coups de poing



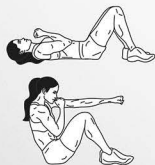
2 pompes



20 coups de poing



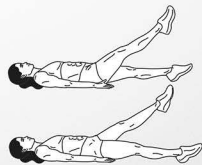
2 pompes



10 levées du buste
avec coups de poing



20 coups de poing
en position assise



10 battements
jambes tendues