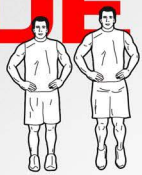
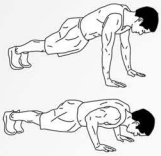
MACHINE DE GUERRE



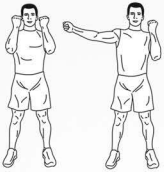
ENTRAÎNEMENT © darebee.fr

NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries

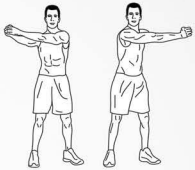
REPOS ACTIF 2 minutes sauts sur place



5 pompes

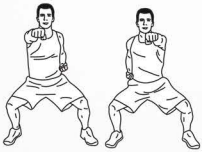


10 backfists sur les côtés



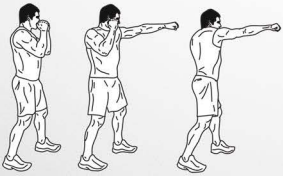
10 coups de poing

5 pompes

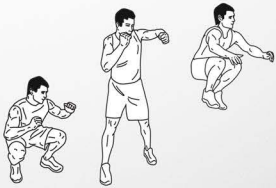


10 coups de poing en squat

10 coups de poing



20 jab + cross



10combos squat + hook + saut groupé