

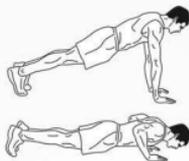
# BRUSQUE

ENTRAÎNEMENT par DAREBEE @ [darebee.fr](https://darebee.fr)

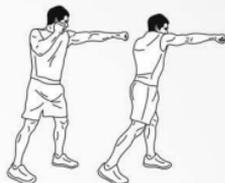
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



20 coups de pied



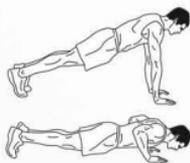
10 pompes



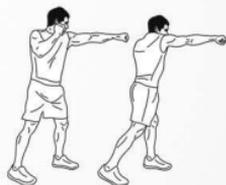
20 coups de poing



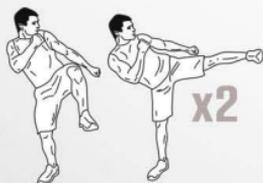
20 squat + coup de pied



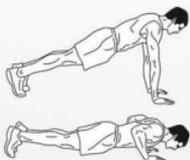
10 pompes



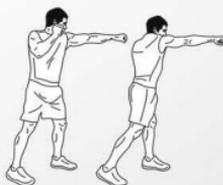
20 coups de poing



20 coups de pied doublés



10 pompes



20 coups de poing