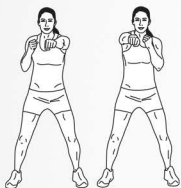


LIBRE & SAUVAGE

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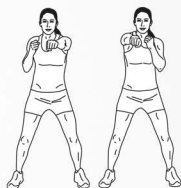
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



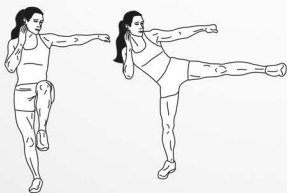
20 coups de poing



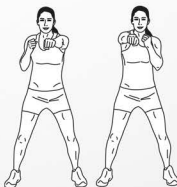
20 coups de genou



20 coups de poing



20 coups de pied de côté



20 coups de poing