

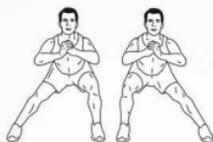
Zénith

ENTRAÎNEMENT par DAREBEE @ darebee.fr

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



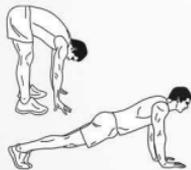
20 fentes



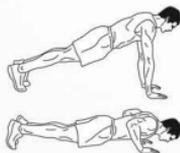
10 fentes sur les côtés



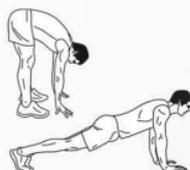
20 fentes



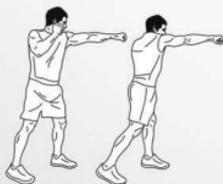
5 sorties en planche



10 pompes



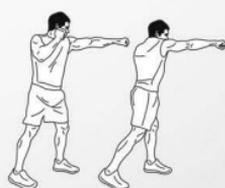
5 sorties en planche



20 coups de poing



10 coups de poing



20 coups de poing