

BOXING HACK

PREMIUM

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LESQUAT-OFFICIEL.COM

THEME DE LA
SEANCE

BOXER UN AGRESSIF

ÉCHAUFFEMENT

CORDE À SAUTER

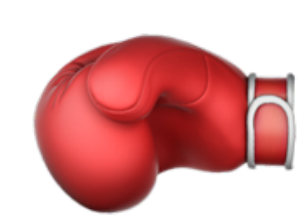
7 min (on alterne 20 sauts par jambe)

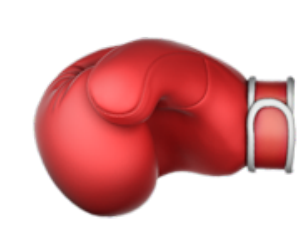
CONSIGNES

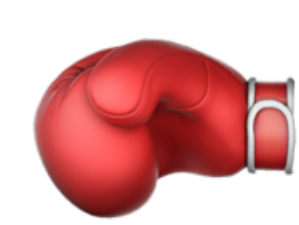
- ▶ 1 round = 2min
- ▶ 1min de récup entre les rounds
- ▶ 3 tours

ROUND 1

En reculant :

 Gauche

 Gauche

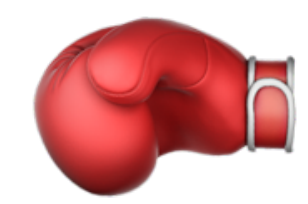
 Droite

ROUND 2

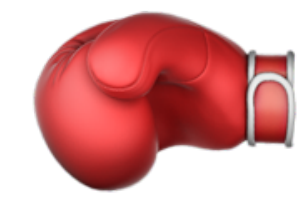
Déplacements libres
+ combinaisons libres
en reculant

ROUND 3

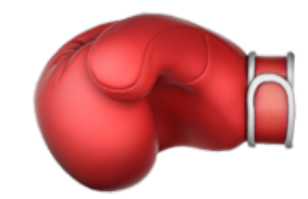
Casser la distance +



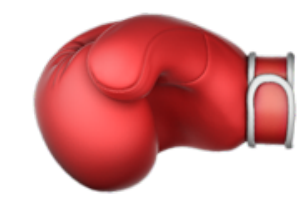
Crochet D corps



Crochet G corps



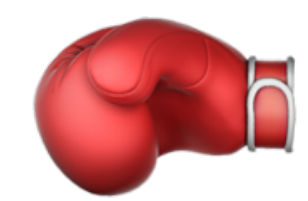
Crochet D visage



Crochet G visage

ROUND 4

Pousser avec le bras gauche +



Droite libre mais puissante

(direct, crochet ou uppercut)

CARDIO

FRAAPPES EN PUISSANCE

(EN COUP PAR COUP)

2 min en continu



FIN DE LA SÉANCE





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