

BOXING HACK

PREMIUM

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THEME DE LA
SEANCE

REMISER EFFICACEMENT

ÉCHAUFFEMENT

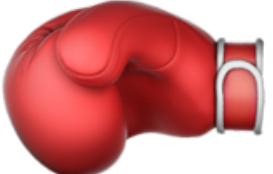
CORDE À SAUTER

7 min (double tour toutes les 15 sec)

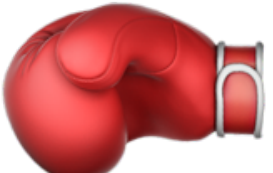
CONSIGNES

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

ROUND 1

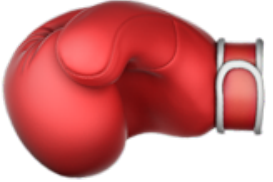
 Gauche

Retrait du buste

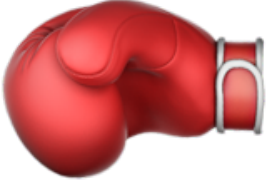
 Droite

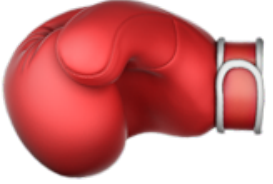
 Crochet Gauche

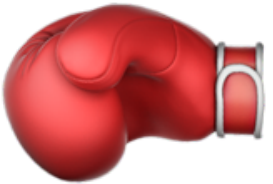
ROUND 2

 Droite

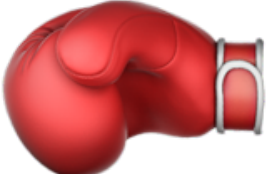
Blocage

 Gauche

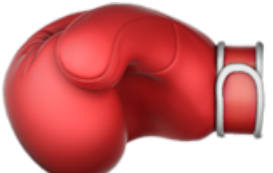
 Droite

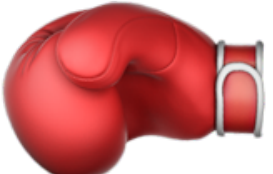
 Crochet Gauche corps

ROUND 3

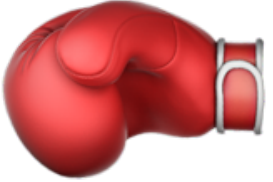
 Gauche

Esquive extérieure

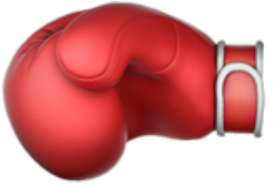
 Crochet Droit

 Crochet Gauche

ROUND 4

 1 frappe libre

1 défense libre

 2 frappes libres

CARDIO

1 DÉFENSE LIBRES

4 FRAAPPES LIBRES

20 sec de travail

10 sec de repos



FIN DE LA SÉANCE





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