

BOXING HACK

PREMIUM

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THEME DE LA
SEANCE

CORPS À CORPS

ÉCHAUFFEMENT

NAVETTES ALLER / RETOUR 30 sec

JUMPING JACK 30 sec

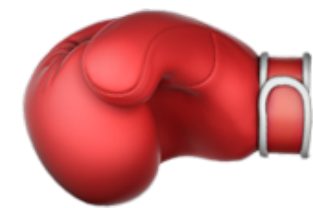
4X

CONSIGNES

- ▶ 1 round = 2min
- ▶ 1min de récup entre les rounds
- ▶ 3 tours
- ▶ Toujours être en position de corps à corps

ROUND 1

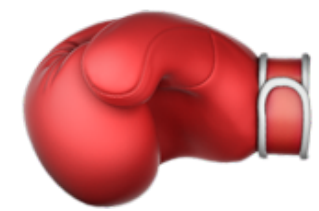
(au corps à corps)



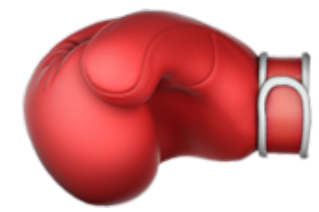
Frappes libres doublées

ROUND 2

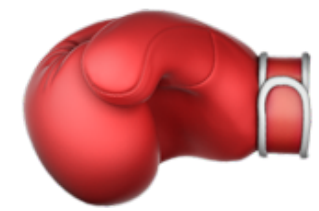
(au corps à corps)



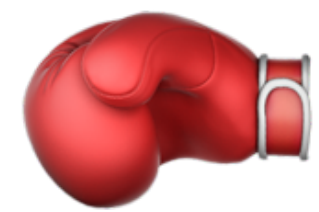
Crochet Droit corps



Crochet Gauche visage



Crochet Droit visage



Crochet Gauche corps

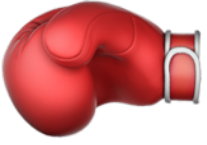
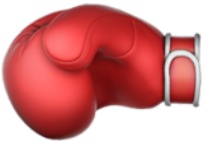
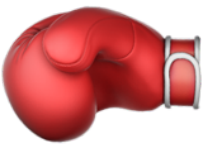
ROUND 3

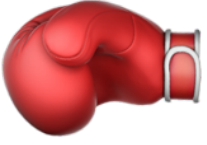
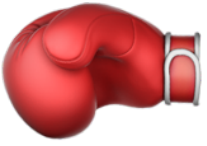
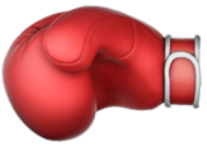
(au corps à corps)

Coup d'épaule / Poussette +
Combinaison libre

ROUND 4

(au corps à corps)

-  Crochet Gauche corps
-  Crochet Gauche visage
-  Crochet Gauche visage

-  Crochet Droit corps
-  Crochet Droit visage
-  Crochet Droit visage

et on continue d'alterner...

CARDIO

CROCHET GAUCHE AU CORPS (en rafale)

20 sec de travail

10 sec de repos

X2

CROCHET DROIT AU CORPS (en rafale)

20 sec de travail

10 sec de repos

X2



FIN DE LA SÉANCE





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