

BOXING HACK

PREMIUM

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THEME DE LA
SEANCE

LA SPÉCIALE DE
CANELO ALVAREZ

ÉCHAUFFEMENT

SAUTILLE EN TOURNANT LES HANCHES 30 sec

ROTATIONS BRAS TENDUS À L'AVANT 30 sec

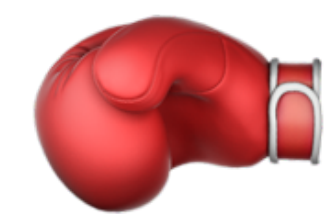
4X

CONSIGNES

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

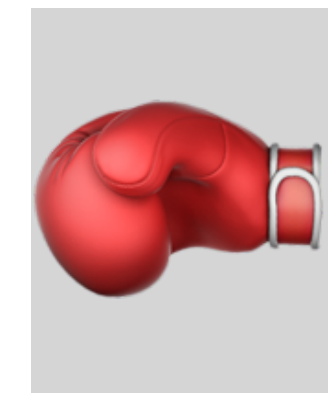
ROUND 1

Soit :



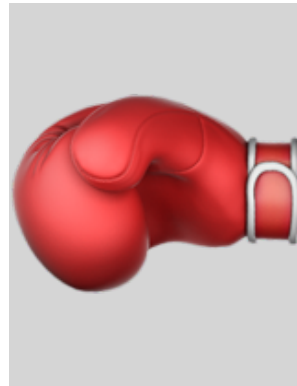
Uppercut Gauche

Soit :

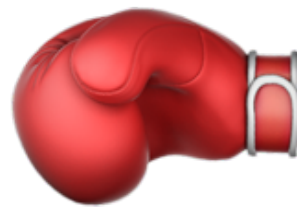


Feinte Uppercut Gauche

ROUND 2



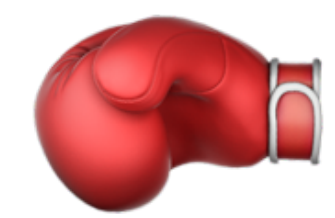
Feinte Uppercut Gauche



Crochet Droit

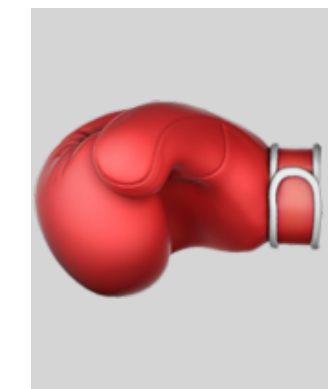
ROUND 3

Soit :



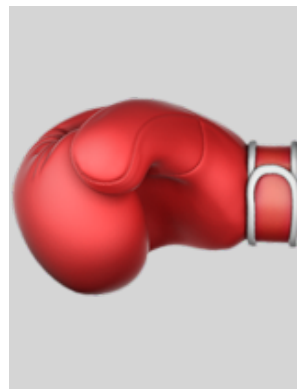
Uppercut Droit

Soit :



Feinte Uppercut Droit

ROUND 4



Feinte Uppercut Droit



Crochet Gauche

CARDIO

UPPERCUTS AU CORPS (en rafale)

15 sec de travail

15 sec de repos

X4



FIN DE LA SÉANCE





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