

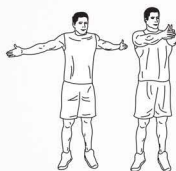
50 POMPES

ENTRAÎNEMENT PAR DAREBEE @ darebee.fr

Répétez 5 fois au total | 2 minutes de repos entre les séries



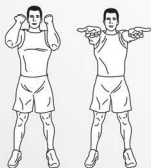
4 pompes



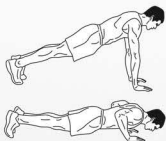
20 écartés



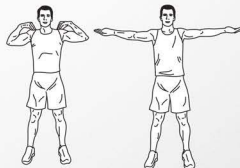
4 pompes



20 biceps extensions



2 pompes



20 toucher-épaules