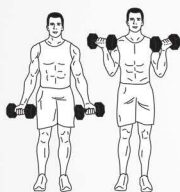


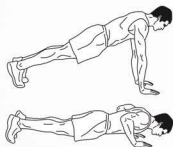
# AGENT *du* CHAOS

ENTRAÎNEMENT par DAREBEE © [darebee.fr](https://darebee.fr)

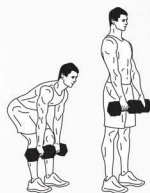
NIVEAU I 3 séries NIVEAU II 4 séries NIVEAU III 5 séries REPOS jusqu'à 2 min



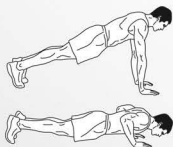
**8** bicep curls  
prise en supination



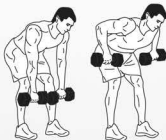
**4** pompes



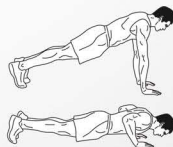
**8** descentes levées



**4** pompes



**8** rowings deux haltères



**4** pompes