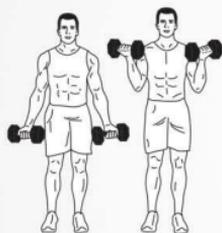


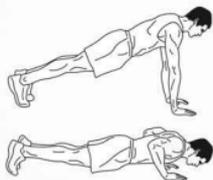
AGENT *du* CHAOS

ENTRAÎNEMENT par DAREBEE © darebee.fr

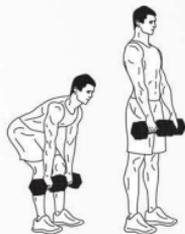
NIVEAU I 3 séries NIVEAU II 4 séries NIVEAU III 5 séries REPOS jusqu'à 2 min



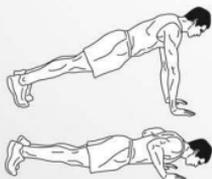
8 bicep curls
prise en supination



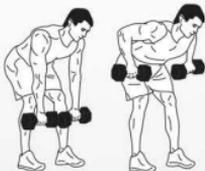
4 pompes



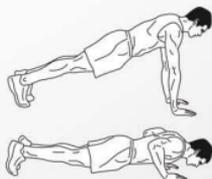
8 descentes levées



4 pompes



8 rowings deux haltères



4 pompes