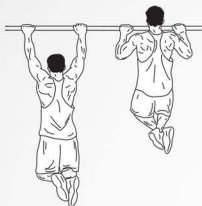


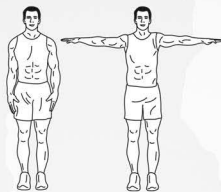
ALTAÏR

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

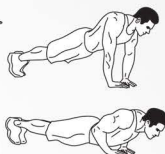
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



maximum tractions



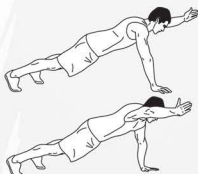
20 levées des bras



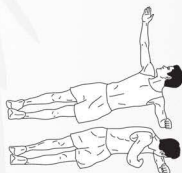
5 pompes prise serrée



30sec planche



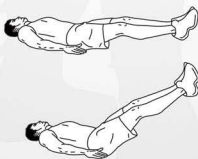
20 levées de bras



20 rotations en planche



20 coude-genou croisés



10 levées des jambes



10 torsions éssuie-glace