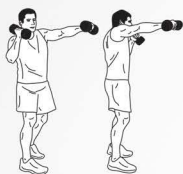


ARSENAL+

ENTRAÎNEMENT par DAREBEE @ darebee.fr

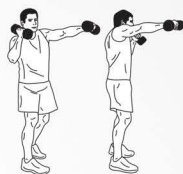
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



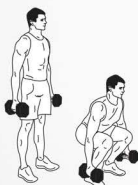
30 coups de poing



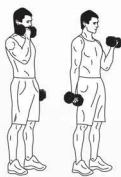
10 squats



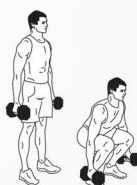
30 coups de poing



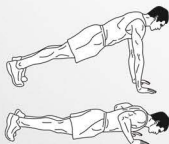
10 squats



30 biceps curls



10 squats



10 pompes



30-count planche



30-count planche latérale

30-count = en comptant jusqu'à 30.