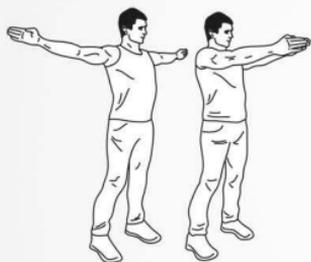


# *poitrine* & *bras* *étirement*

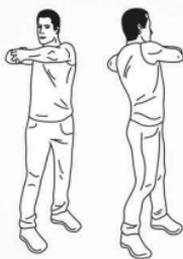
par DAREBEE

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20 sec chaque exercice.



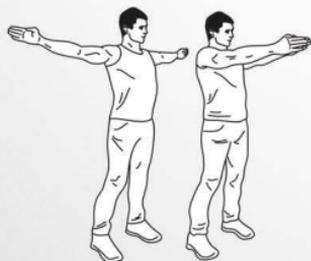
écartements des bras



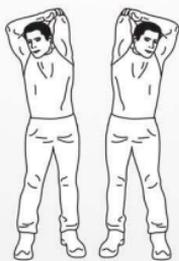
torsions sur les côtés



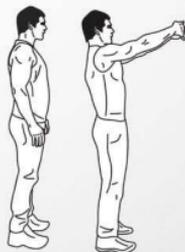
étirement vers le haut



écartements des bras



flexions sur les côtés



étirement des triceps