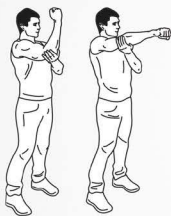


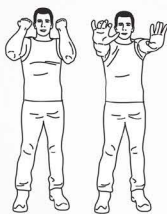
bras & épaules

ÉTIREMENT par DAREBEE © darebee.fr

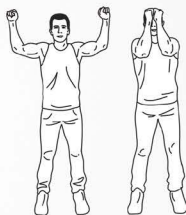
20 secondes chaque exercice.



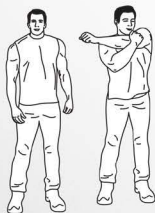
biceps extensions



biceps extensions
deux bras



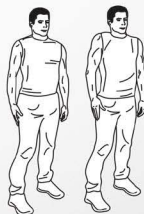
coudes rapprochés



étirement des triceps



étirement des épaules



rotations des épaules