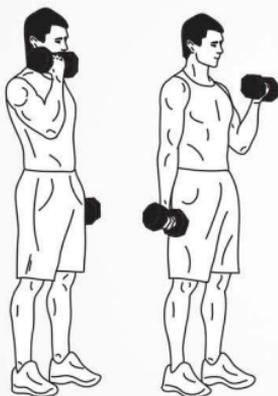
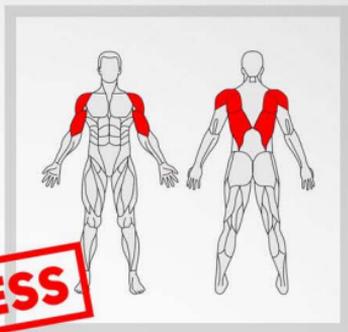


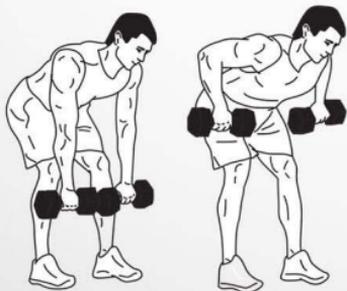
# DOS & BICEPS

par DAREBEE  
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**EXPRESS**



**20** biceps curls alternés  
**x 4 séries** au total  
20 secondes de repos  
entre les séries



**10** rowings buste penché  
**x 4 séries** au total  
20 secondes de repos  
entre les séries