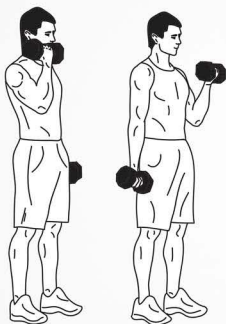
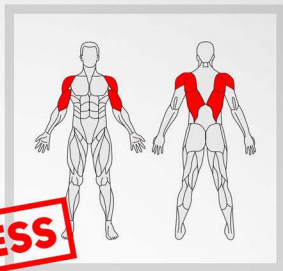


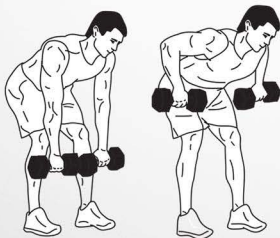
DOS & BICEPS

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