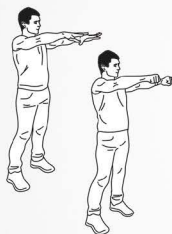


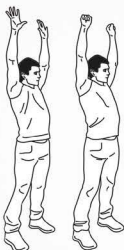
biceps ***& triceps***

LÉGER

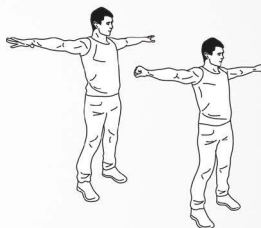
ENTRAÎNEMENT par DAREBEE © darebee.fr
répétez 3 fois avec 1 minute de repos



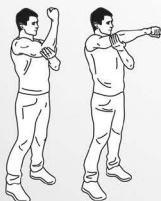
30 serré / desserré



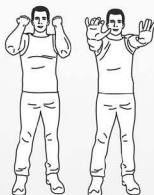
30 serré / desserré



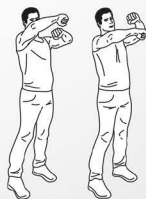
30 serré / desserré



30 triceps extensions



30 biceps extensions



30 cercles rapides