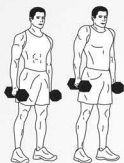


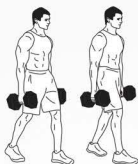
# FARMER

ENTRAÎNEMENT par DAREBEE @ [darebee.fr](https://darebee.fr)

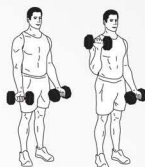
NIVEAU I 3 séries NIVEAU II 4 séries NIVEAU III 5 séries REPOS jusqu'à 2 minutes



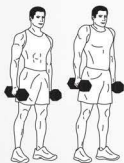
10 haussements d'épaules



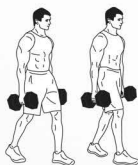
10 pas avant / arrière alternés



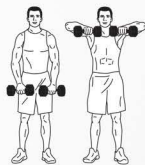
10 biceps curls



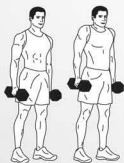
10 haussements d'épaules



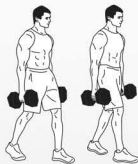
10 pas avant / arrière alternés



10 tirages menton



10 haussements d'épaules



10 pas avant / arrière alternés



10 développés