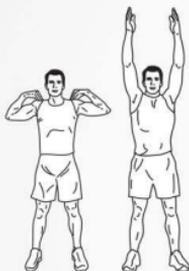


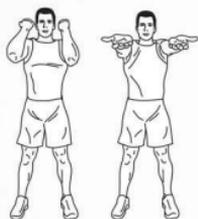
# LE GOÛT DE LA LIBERTÉ

ENTRAÎNEMENT par DAREBEE © [darebee.fr](http://darebee.fr)

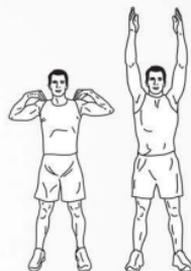
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



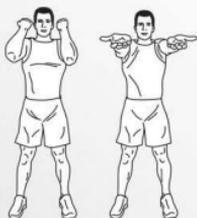
20 toucher-épaules



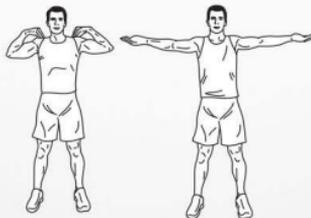
20 extensions biceps



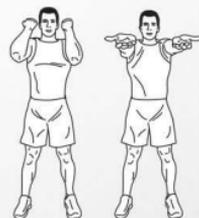
20 toucher-épaules



20 extensions biceps



20 toucher-épaules



20 extensions biceps