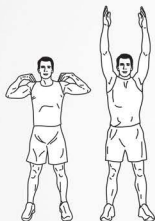


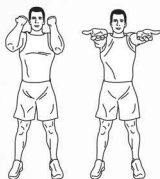
LE GOÛT DE LA LIBERTÉ

ENTRAÎNEMENT par DAREBEE © darebee.fr

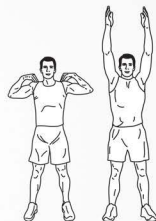
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



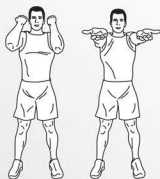
20 toucher-épaules



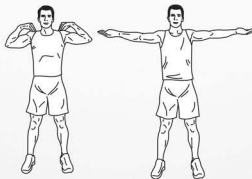
20 extensions biceps



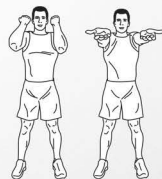
20 toucher-épaules



20 extensions biceps



20 toucher-épaules



20 extensions biceps