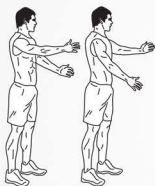


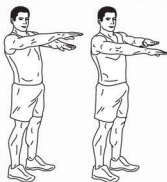
# GAME ON

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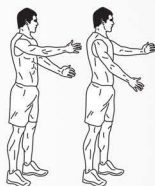
NIVEAU I 3 séries  
NIVEAU II 5 séries  
NIVEAU III 7 séries  
REPOS jusqu'à 2 min



20 ciseaux



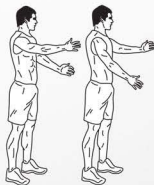
20 ciseaux



20 ciseaux



20 cercles bras tendus



20 ciseaux