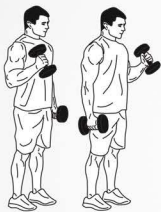


# MARTEAU

ENTRAÎNEMENT PAR DAREBEE © [darebee.fr](https://darebee.fr)

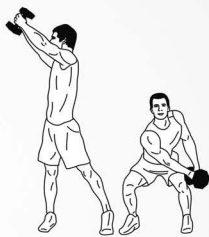
3 séries | 60 secondes de repos entre les séries



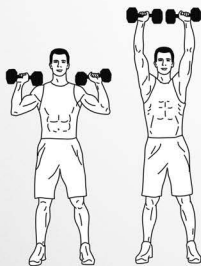
10 biceps curls  
prise marteau



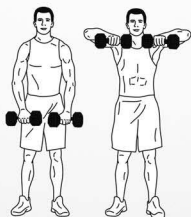
10 triceps extensions nuque



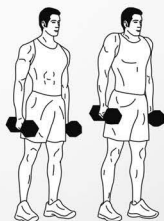
10 coups en biais



6 développés



6 tirages menton



6 haussements d'épaules