

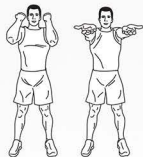
HÉRAUT

ENTRAÎNEMENT par DAREBEE @ darebee.fr

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



10 toucher-épaules



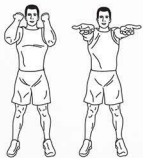
10 extensions biceps



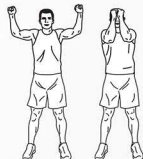
10 cercles bras tendus



10 toucher-épaules



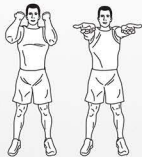
10 extensions biceps



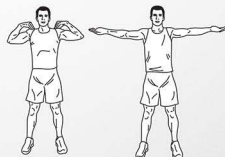
10 coudes rapprochés



10 toucher-épaules



10 extensions biceps



10 toucher-épaules