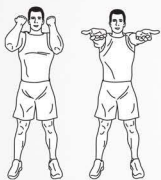


ici les Dragons

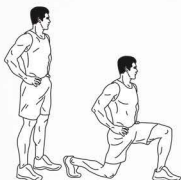
PAR DAREBEE

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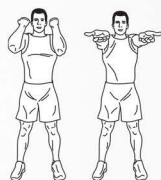
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 biceps extensions



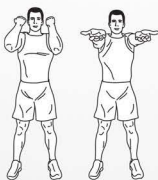
10 fentes



20 biceps extensions



10 fentes sur les côtés



20 biceps extensions



10 fentes inversées