

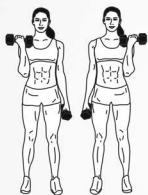
TONIFICATION

HAUT DU CORPS

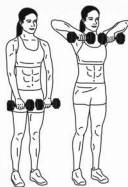
ENTRAÎNEMENT PAR DAREBEE © darebee.fr

Niveau I 3 séries **Niveau II** 4 séries **Niveau III** 5 séries

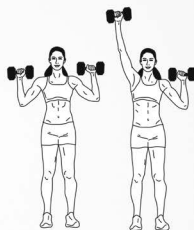
2 minutes de repos



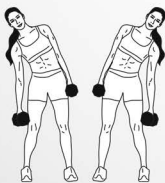
20 biceps curls debout alternés



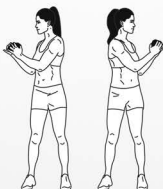
10 tirages menton



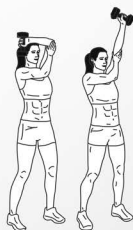
10 développés alternés



10 flexions de côté



10 torsions du buste



20 extensions triceps