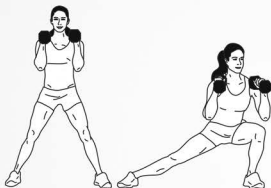


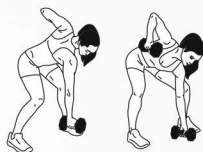
# IRONHEART

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

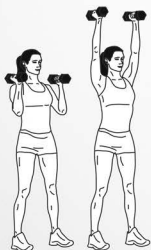
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



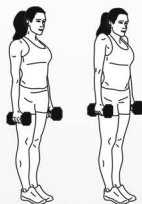
**12** fentes latérales



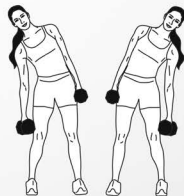
**12** tirages un bras alternés



**6** développés



**6** haussements d'épaules



**12** flexions de côté