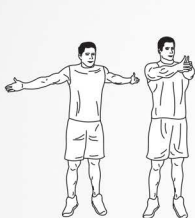


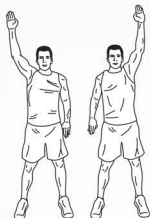
Merlín

ENTRAÎNEMENT par DAREBEE © darebee.fr

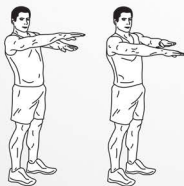
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



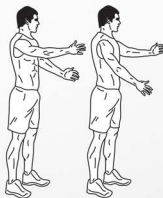
20 écartés



20 levées de bras alternés 20 cercles bras tendus



20 ciseaux



20 ciseaux