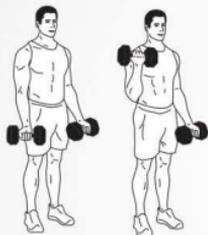


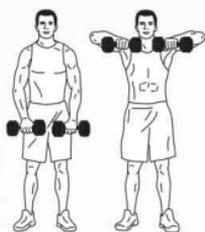
TAUREAU

ENTRAÎNEMENT par DAREBEE © darebee.fr

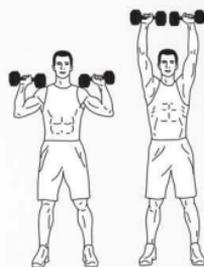
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS 2 minutes



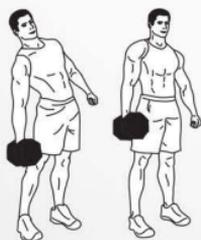
20 biceps curls alternés



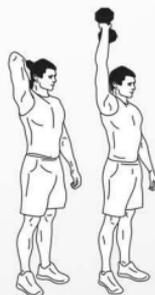
10 tirages menton



10 développés



20 flexions latérales



20 extensions triceps nuque