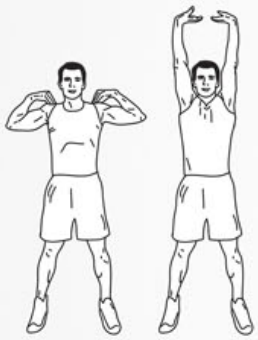
C'est l'heure de la fête

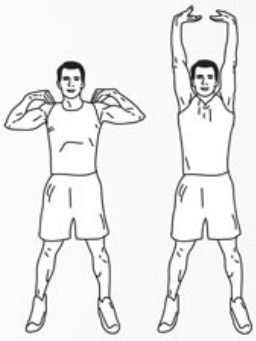
DAREBEE ENTRAÎNEMENT © darebee.com

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



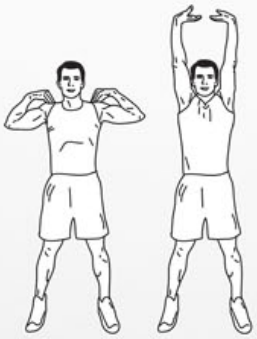
20 toucher-épaules

10 flexions de côté



20 toucher-épaules

10 genou-au-coudes



20 toucher-épaules

10 genou-au-coudes