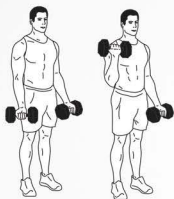
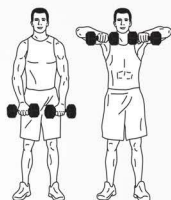


FORCE PURE

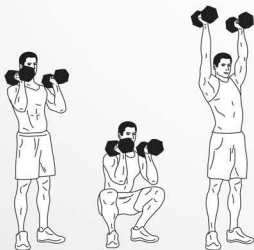
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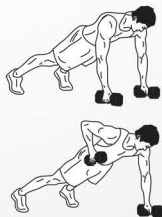
maximum biceps curls
x 3 séries | 20 secondes de repos



maximum tirages menton
x 3 séries | 20 secondes de repos



maximum squats avec développé militaire
x 3 séries | 20 secondes de repos



maximum renegade rows
x 3 séries | 20 secondes de repos