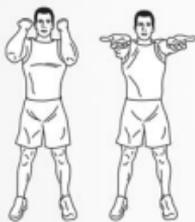


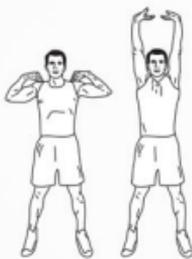
TRAVAIL DU HAUT DU CORPS

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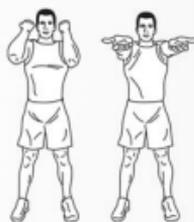
NIVEAU I 3 séries NIVEAU II 4 séries NIVEAU III 5 séries REPOS jusqu'à 2 min



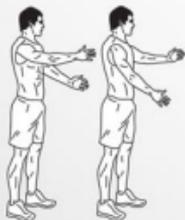
20 extensions biceps



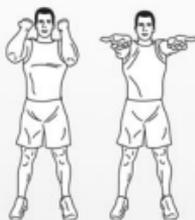
20 toucher-épaules



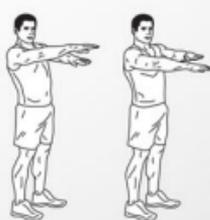
20 extensions biceps



20 ciseaux à la verticale



20 extensions biceps



20 ciseaux à l'horizontale