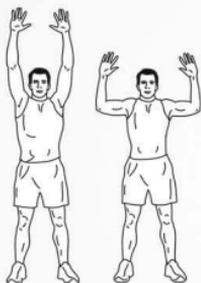


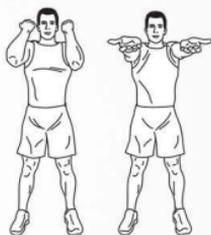
vortex

ENTRAÎNEMENT par DAREBEE © darebee.fr

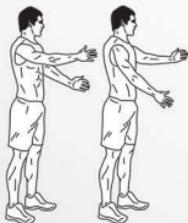
NIVEAU I 3 séries **NIVEAU II** 4 séries **NIVEAU III** 5 séries **REPOS** jusqu'à 2 min



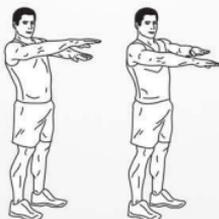
20 extensions en W



20 extensions biceps



20 ciseaux



20 ciseaux



20 cercles bras tendus