

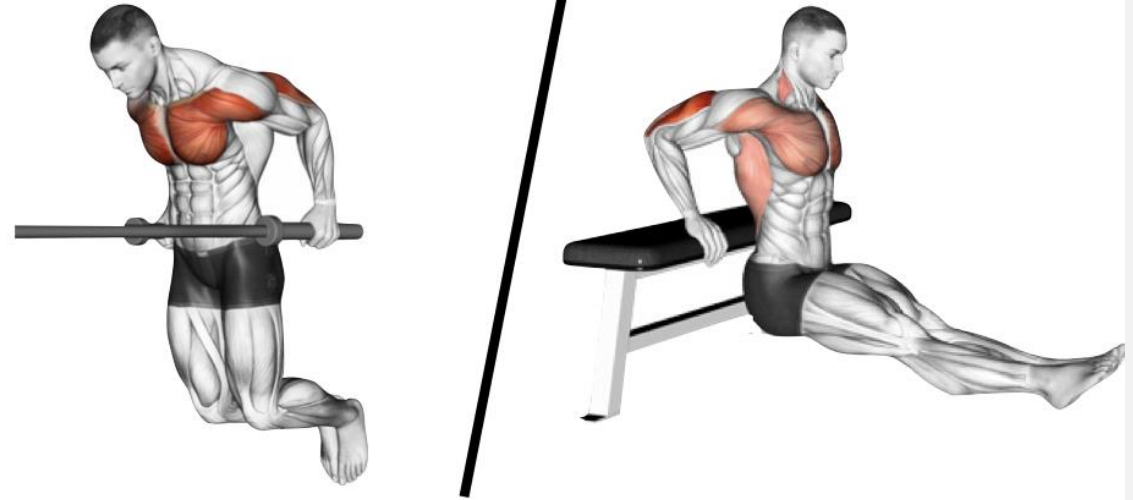
Pectoraux & Autres

4 Circuits (Abdos, Triceps, Épaules, Cardio)

1.



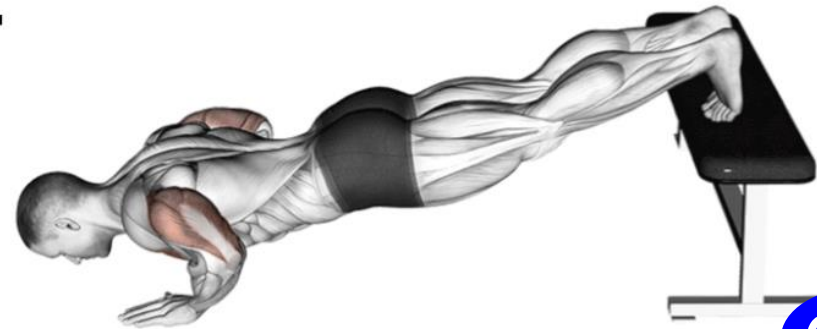
2.



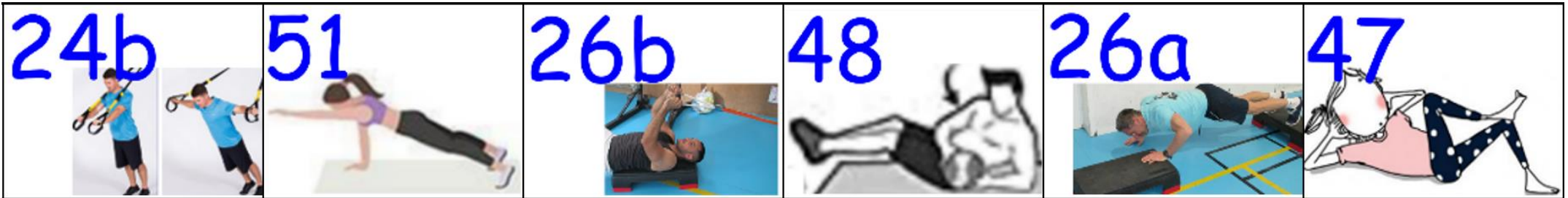
3.



4.



Pectoraux Abdos (24 exos)



Pectoraux Triceps (12 exos)



Pectoraux Épaules (14 exos)



Pectoraux Cardio (24 exos)

