

Épaules & Autres

2 Circuits (Abdos & Cardio)

1.



2.



3.



4.

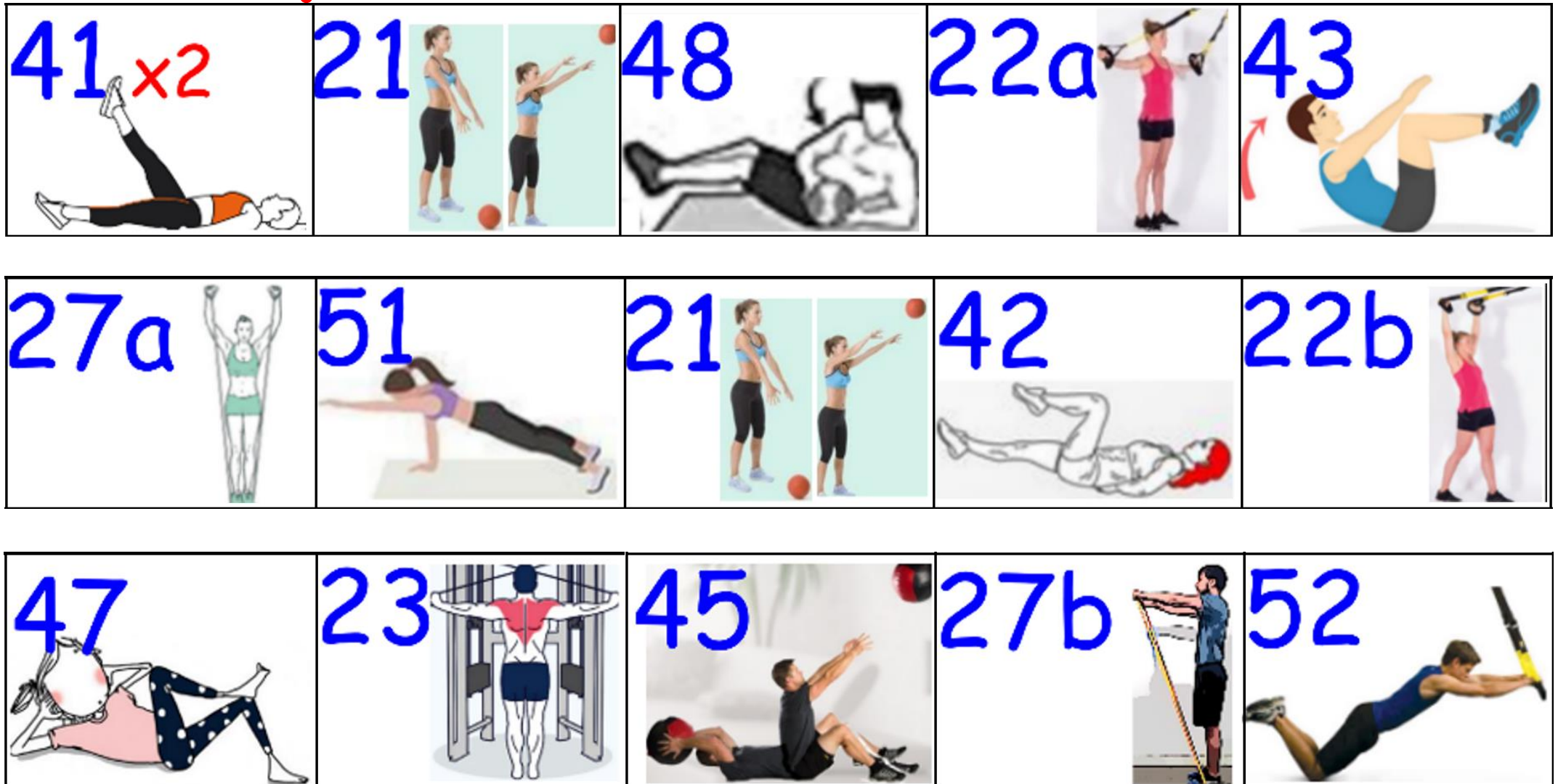


5.



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Épaules Abdos (15 exos)



Épaules Cardio (16 exos)

