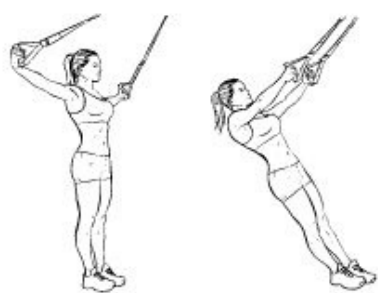
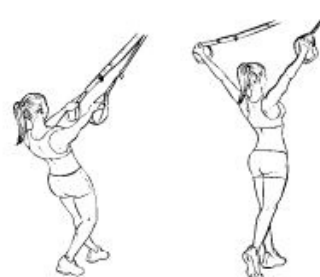


Sangles de suspension Training Haut du Corps

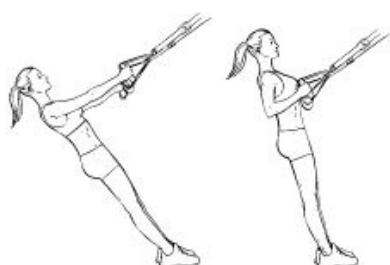
LE "T"



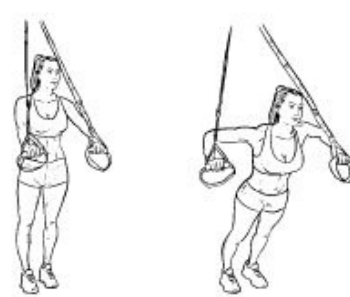
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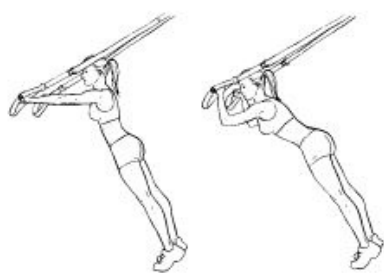
LES TIRAGES



LES POMPES



LES POMPES
TRICIPES



4 TOURS DE 5, 10 OU 15
RÉPÉTITIONS SELON LE NIVEAU

