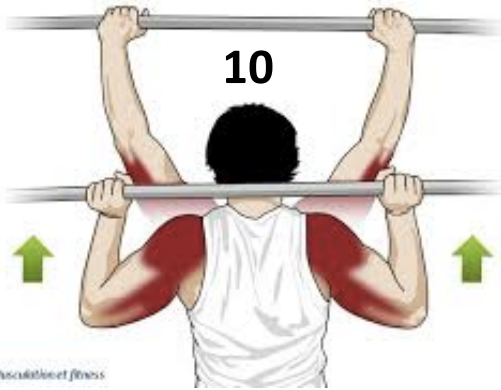


1 GAINAGE



Musculation des épaules avec le développé nuque



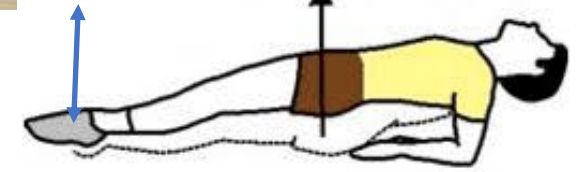
Musculation et fitness



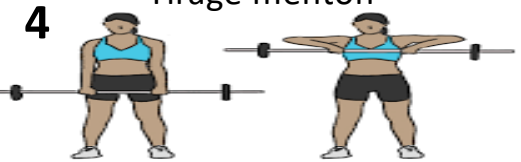
2 Pompes surélevés

3

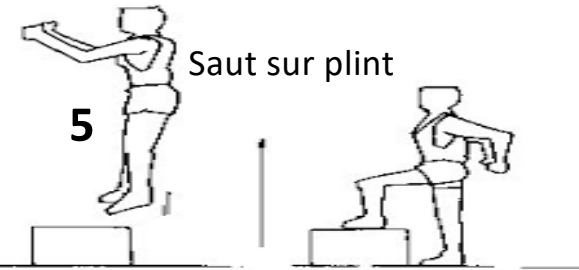
Gainage dorsale



Tirage menton



2 tours de 10 EXOS
A Effectuer en 30''-20''



Saut sur plint

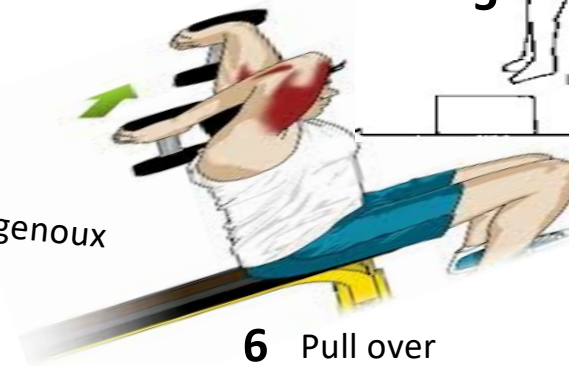


8 Abdos



9 Squat 1 jambe

7 Ischio montée sur genoux



6 Pull over