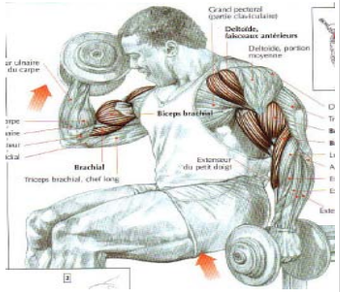
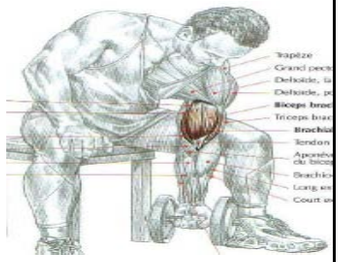
BICEPS

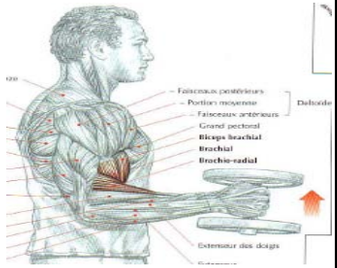
FLEXION ALTERNEE



FLEXION BLOQUEE



MARTEAU



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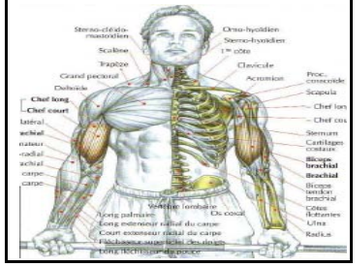
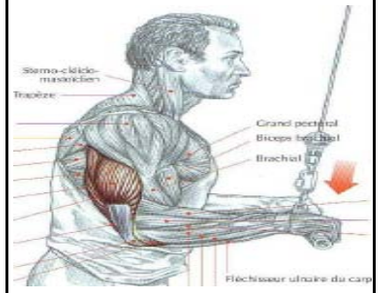
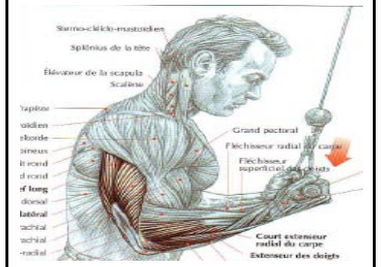


TRICEPS

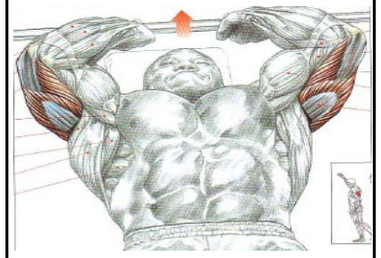
TIRAGE POULIE HTE SUPI



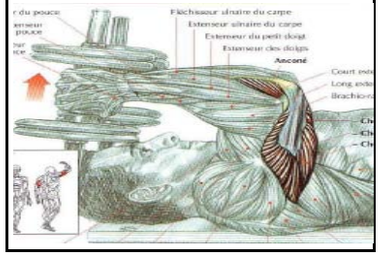
TIRAGE POULIE HTE PRO



BARRE AU FRONT

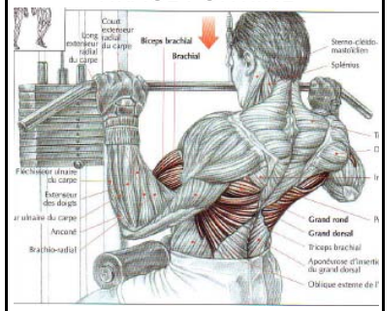


EXTENSION COUCHEE

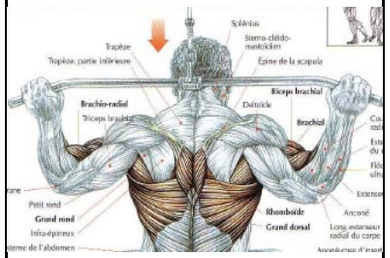


DOS

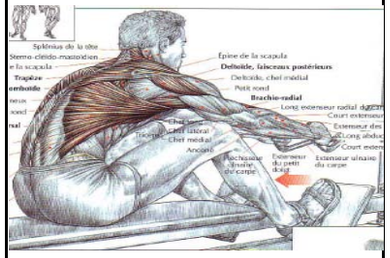
TIRAGE POITRINE



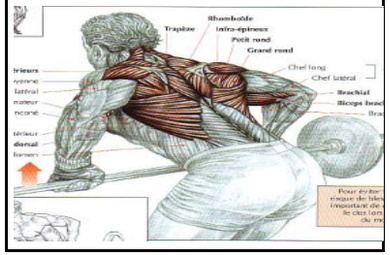
TIRAGE NUQUE



TIRAGE POULIE BASSE

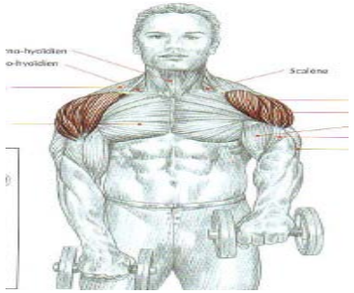


ROWING HORIZONTAL

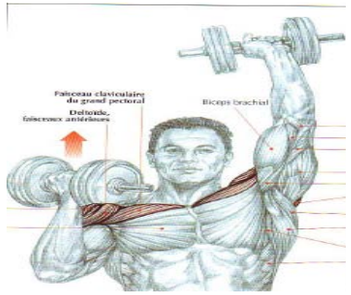


DELTOÏDES

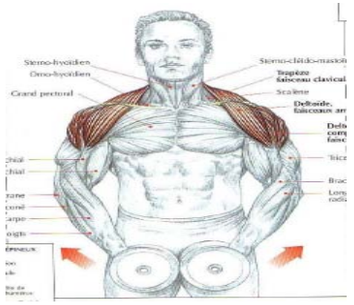
ELEVATION FRONTALE



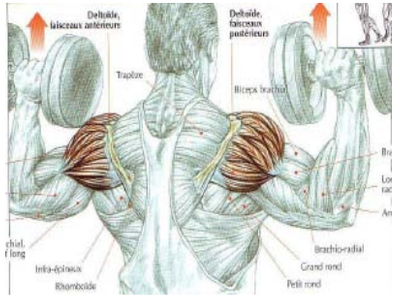
DEVELOPPE ROTATION POIGNET



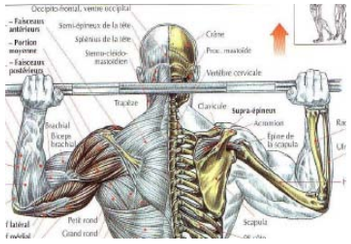
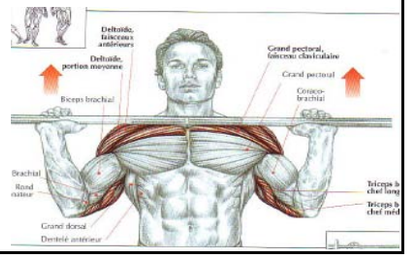
ELEVATION LATERALE



DEVELOPPE ASSIS



DEVELOPPE NUQUE



DEVELOPPE MILITAIRE