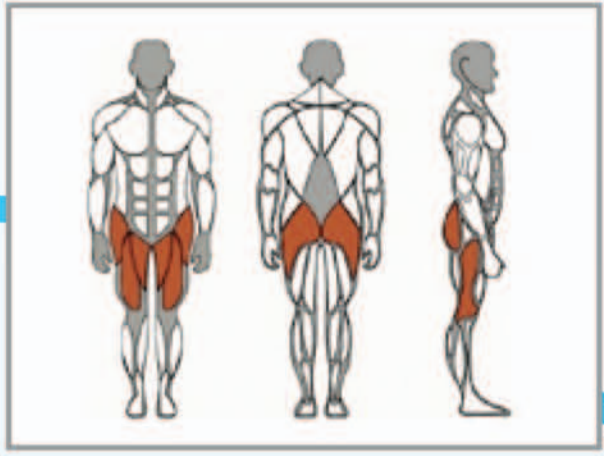


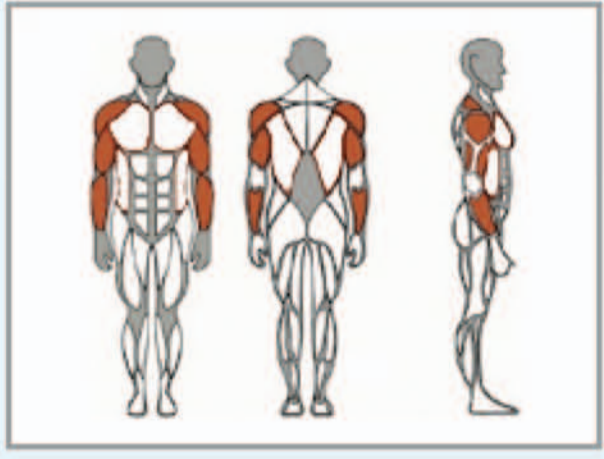
## Débutant

## Intermediaire

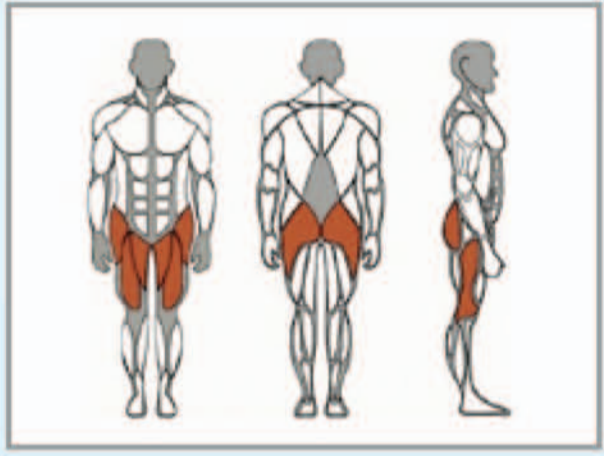
## Confirmé



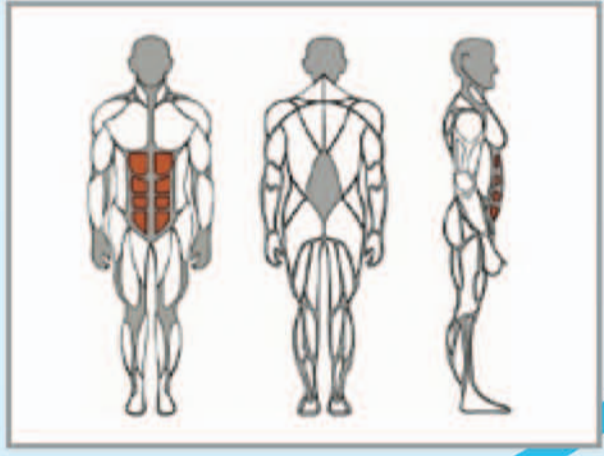
GRAND FESSIER ET QUADRICEPS



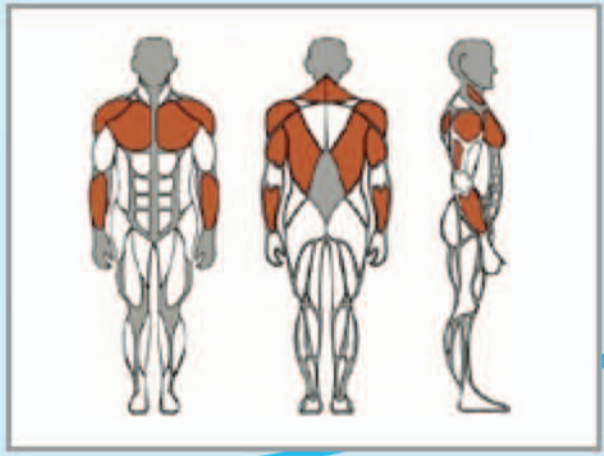
BRAS ET GRAND PECTORAL



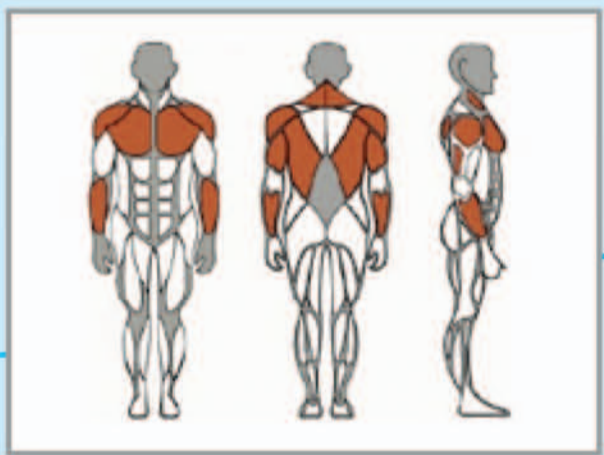
FESSIERS ET CUISSES



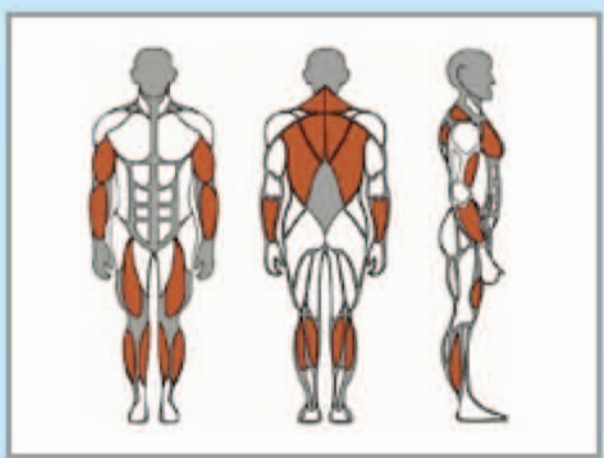
ABDOMINAUX



MEMBRES SUPERIEURS



POITRINE ET PECTORAUX



DORSAUX



## Relaxation

MEMBRES INFERIEURS

MEMBRES SUPERIEURS

