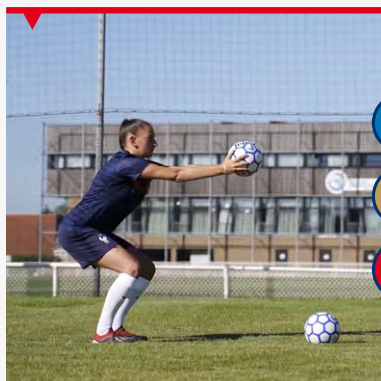


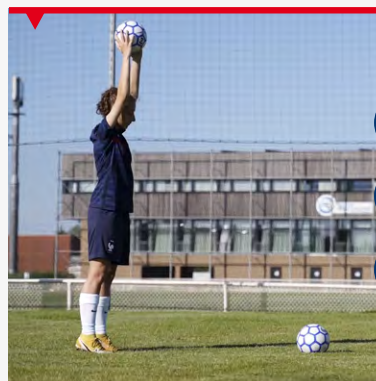
RENFORCEMENT BAS DU CORPS

QUADRICEPS



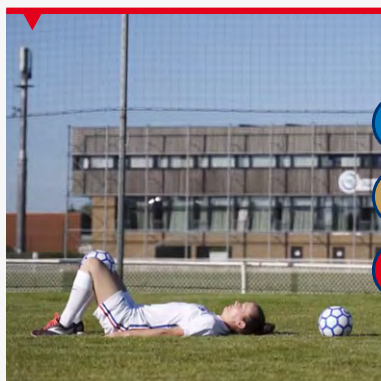
-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

MOLLETS



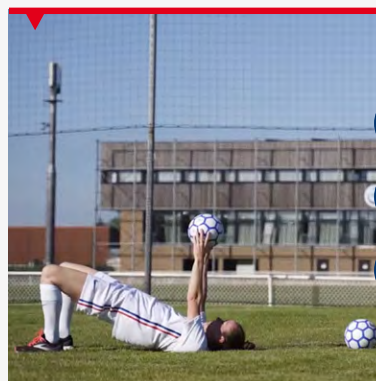
-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

ADDUCTEURS



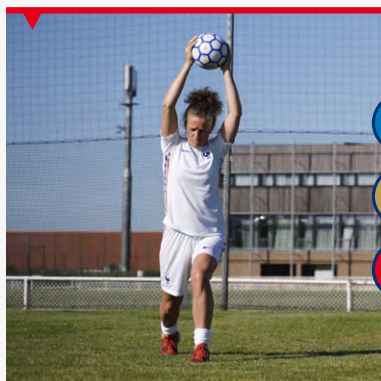
-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

FESSIERS



-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

PSOAS



-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

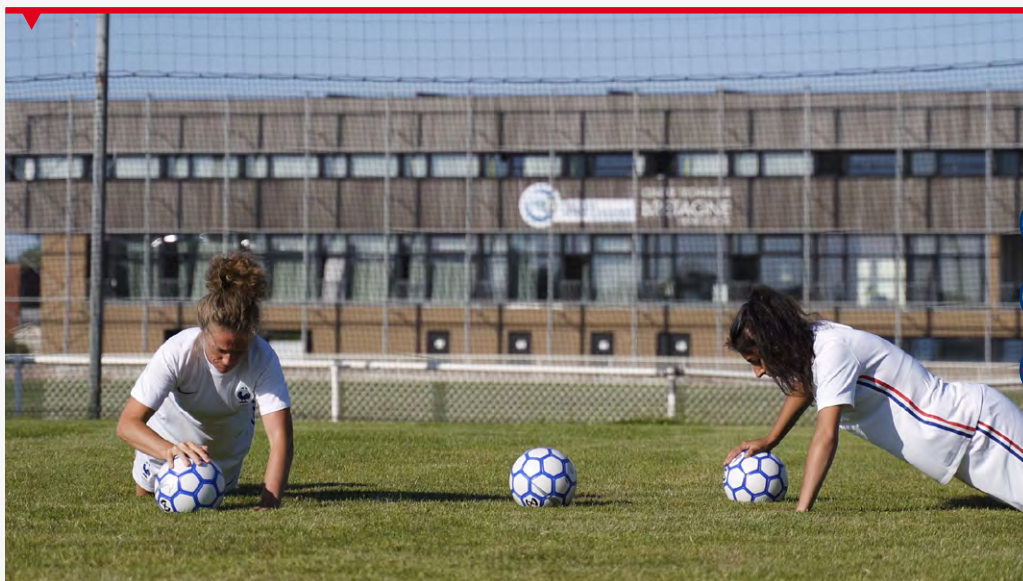


RENFORCEMENT HAUT DU CORPS

ÉLEVATEURS ET ABAISSEURS D'ÉPAULES

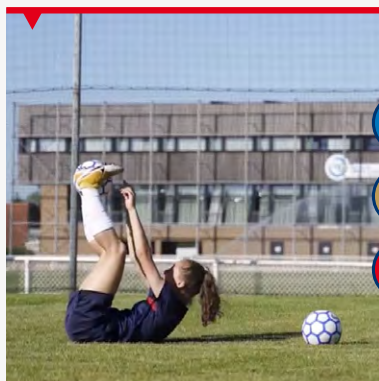


PECTORAUX



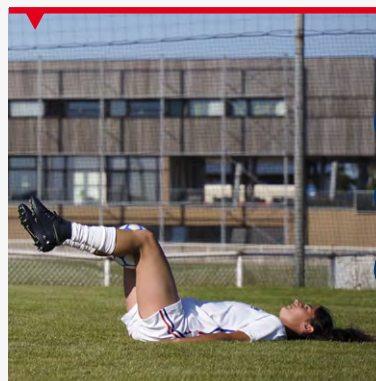
RENFORCEMENT TRONC

ABDOS HAUT



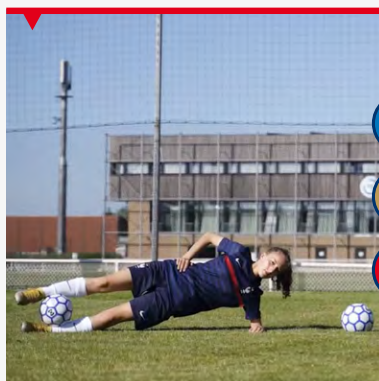
-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

ABDOS BAS



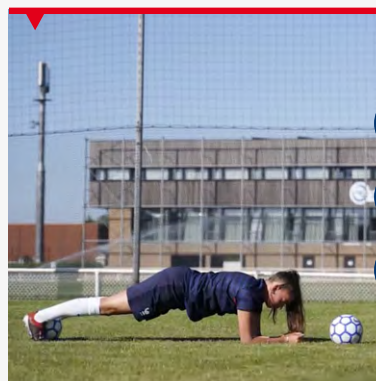
-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

GAINAGE LATÉRAL



-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

GAINAGE ANTÉRIEUR



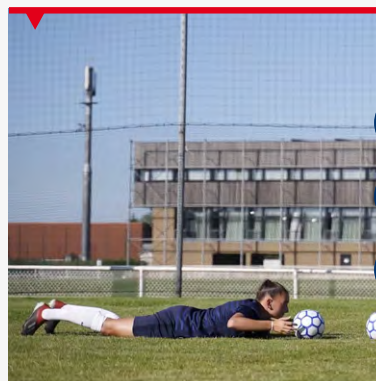
-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

GAINAGE POSTÉRIEUR



-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3

LOMBAIRES DORSAUX



-  NIVEAU 1
-  NIVEAU 2
-  NIVEAU 3