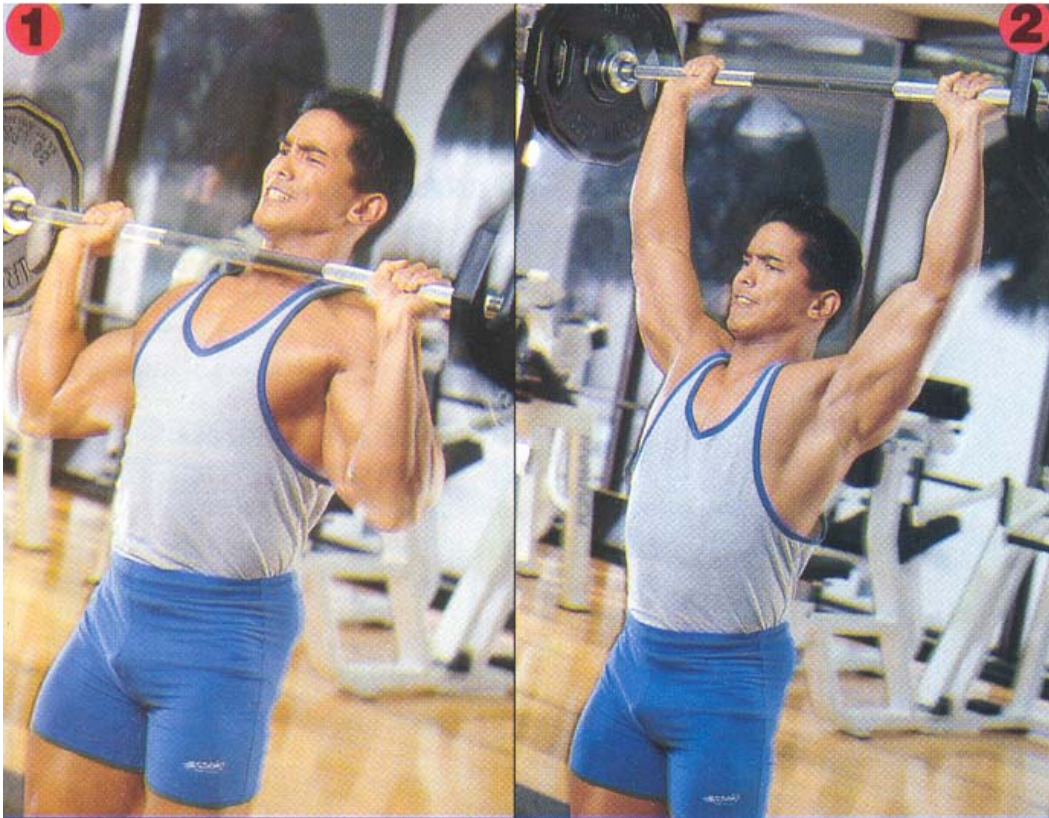


EPAULES

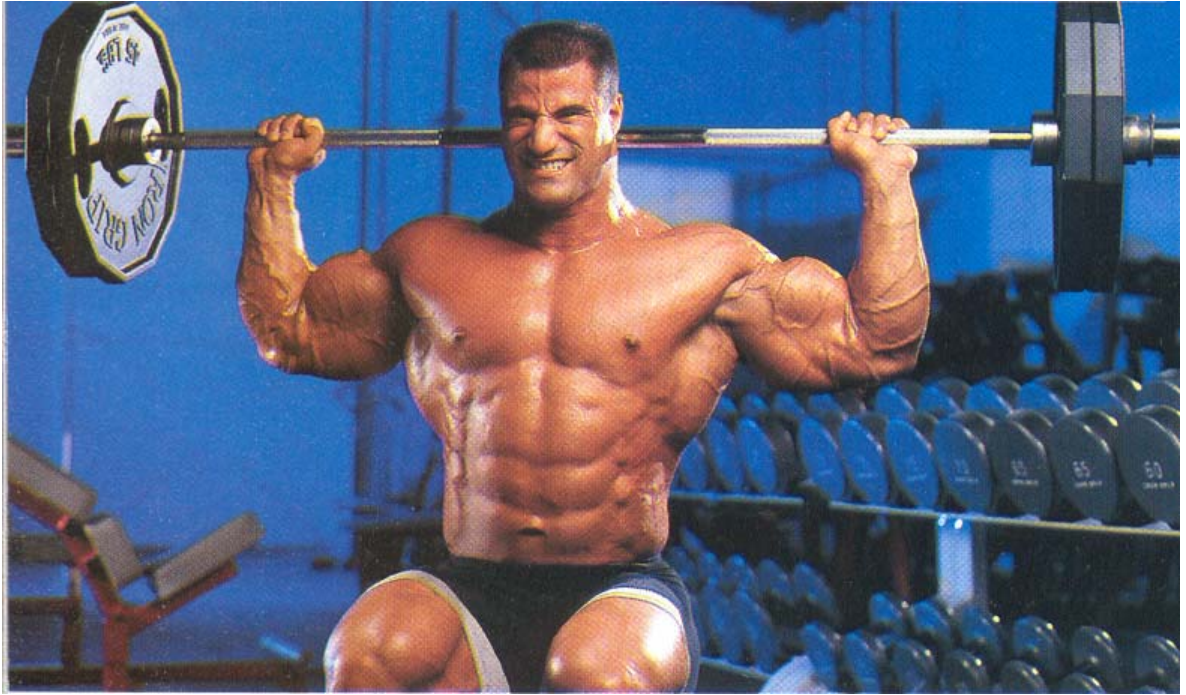
Developpé avant (variante avec haltères)



Elevations latérales

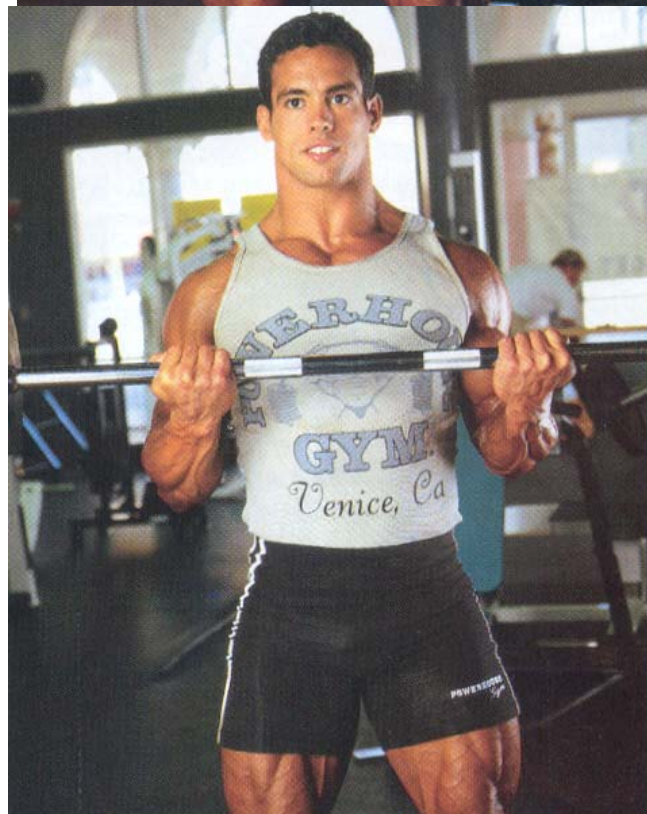


Developpé nuque



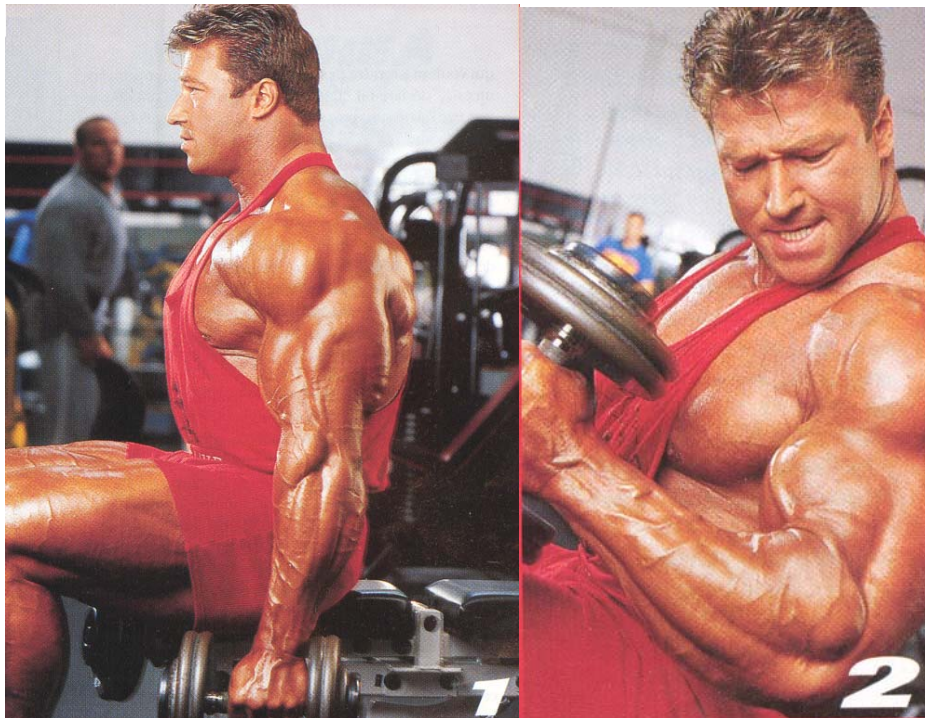
BICEPS

Curl avec Barre

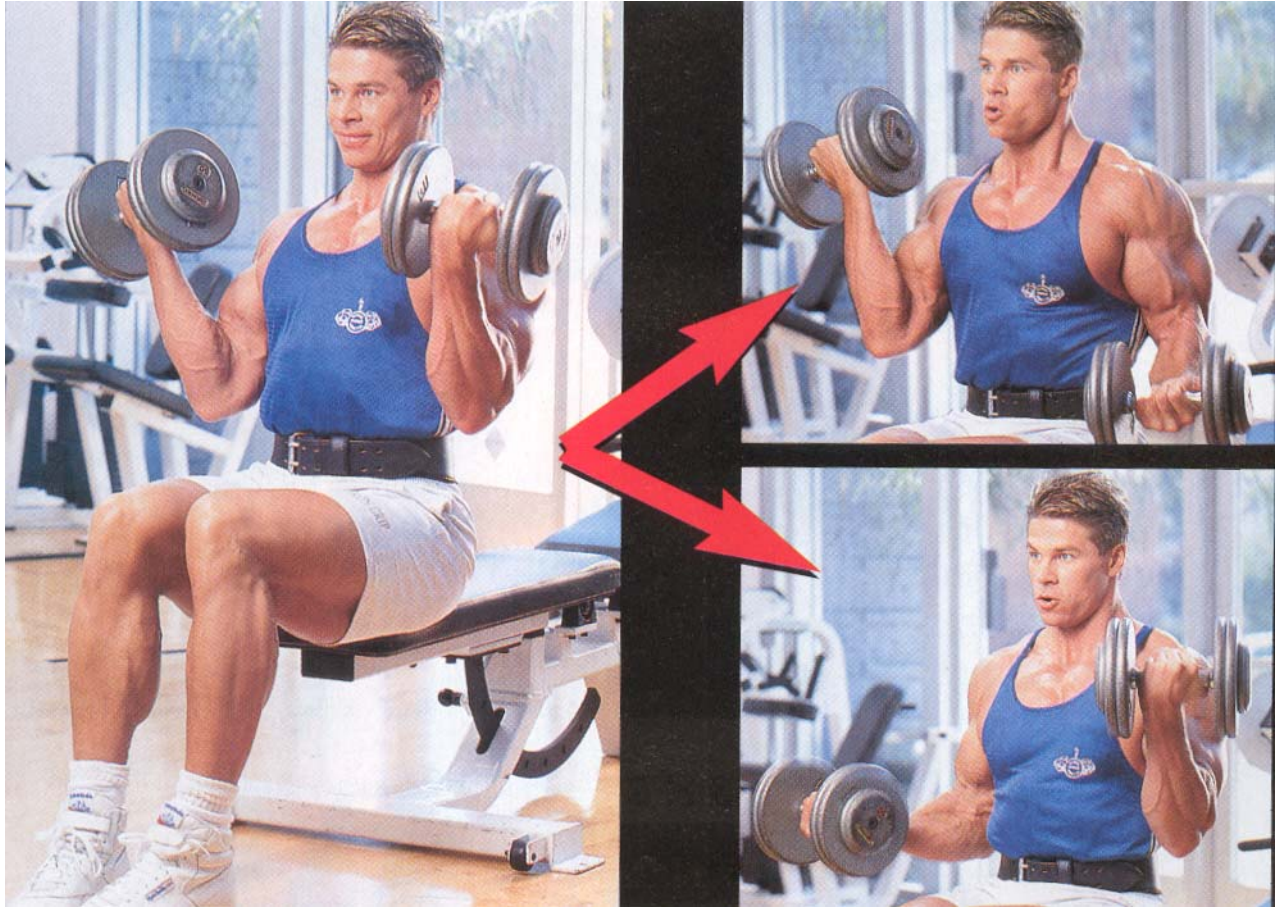


Curl en concentration

Curl en prise marteau

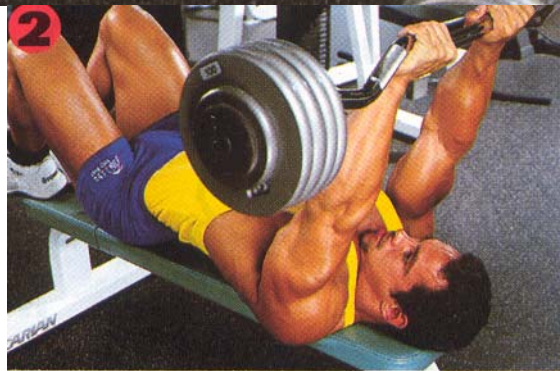
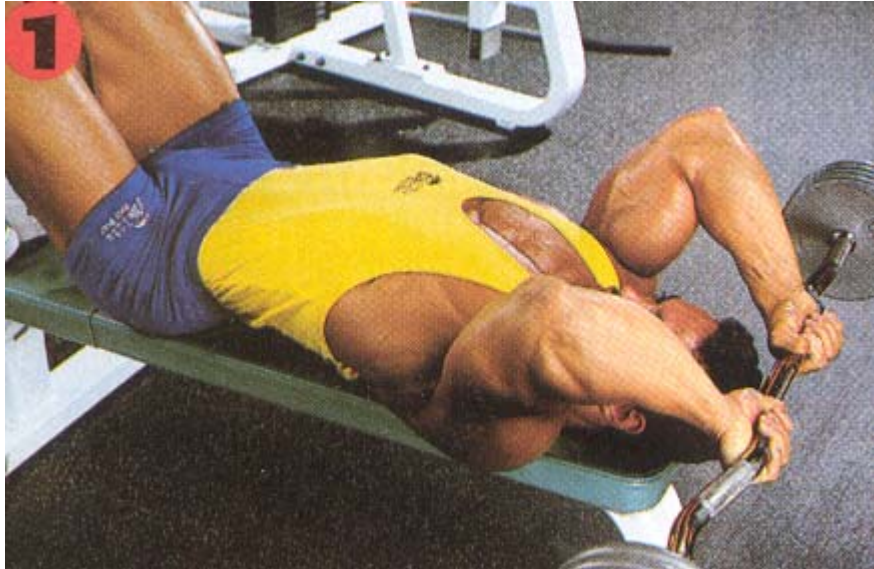


Curl alterné assis

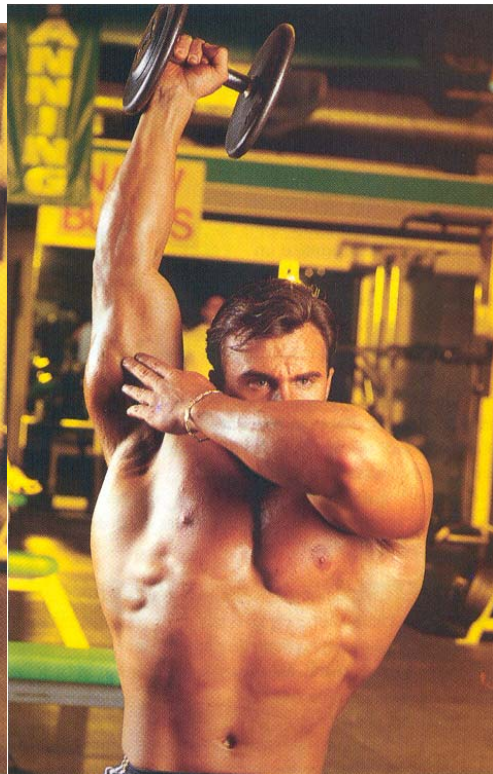
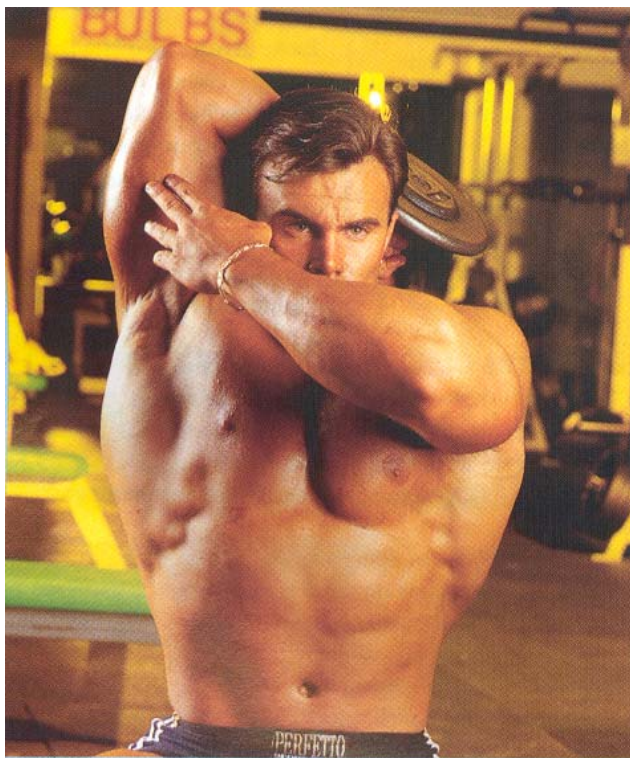


TRICEPS

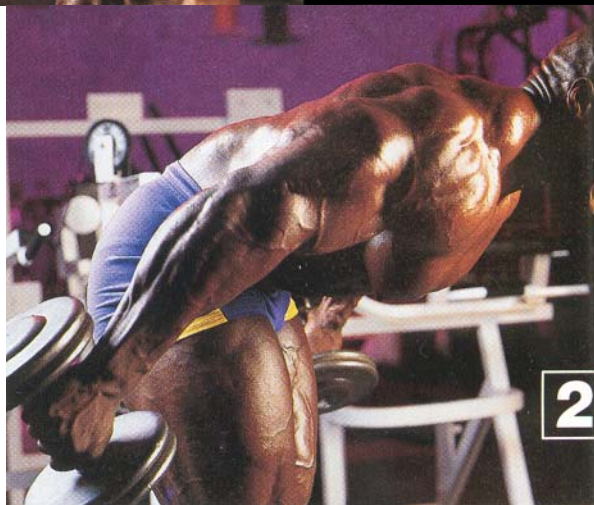
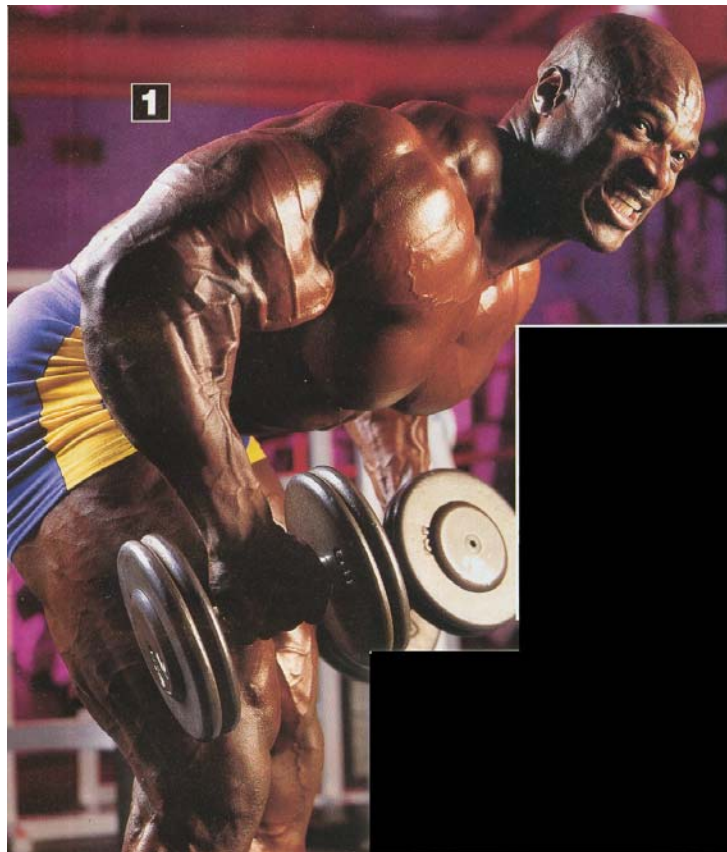
French Press



Extensions



KickBack



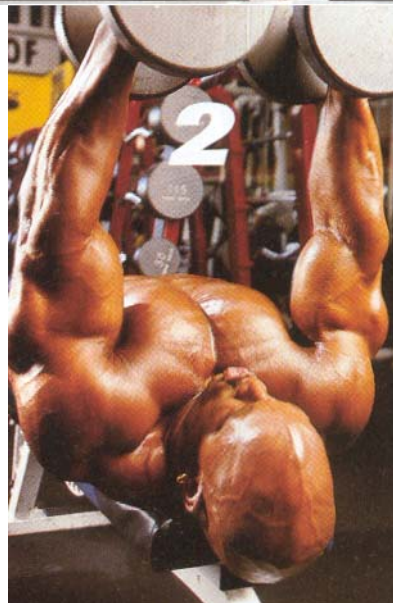
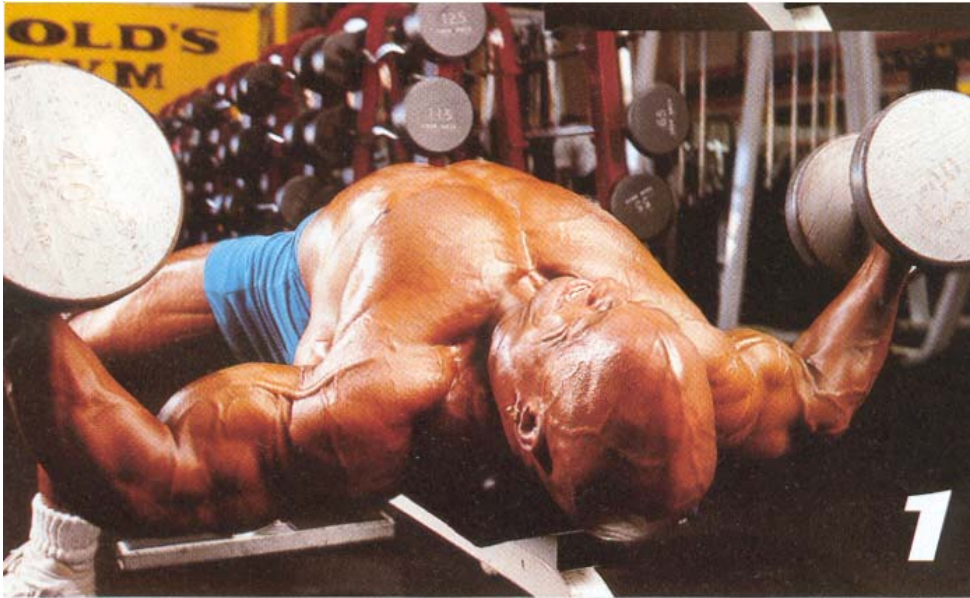
Développé couché prise serrée

PECTORAUX

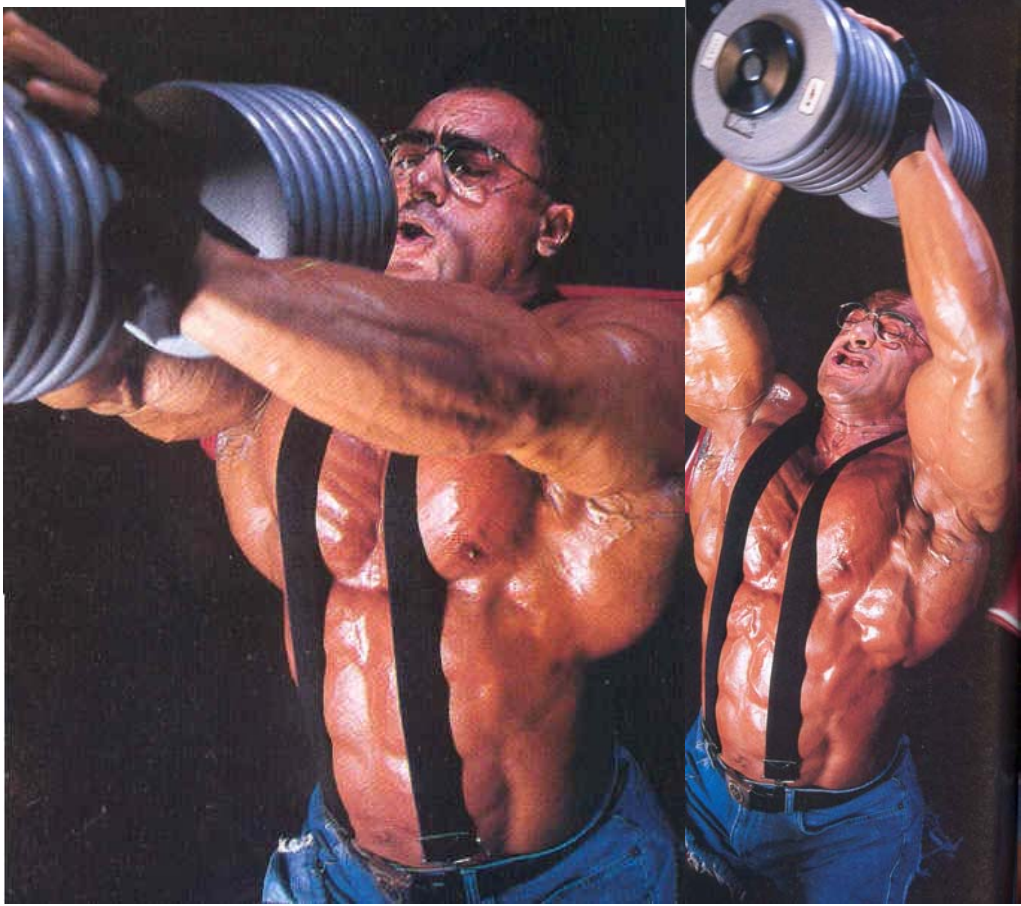
Développé couché

pas de photo pour le moment

Ecartés couchés (variante en déclinant ou en inclinant le banc)

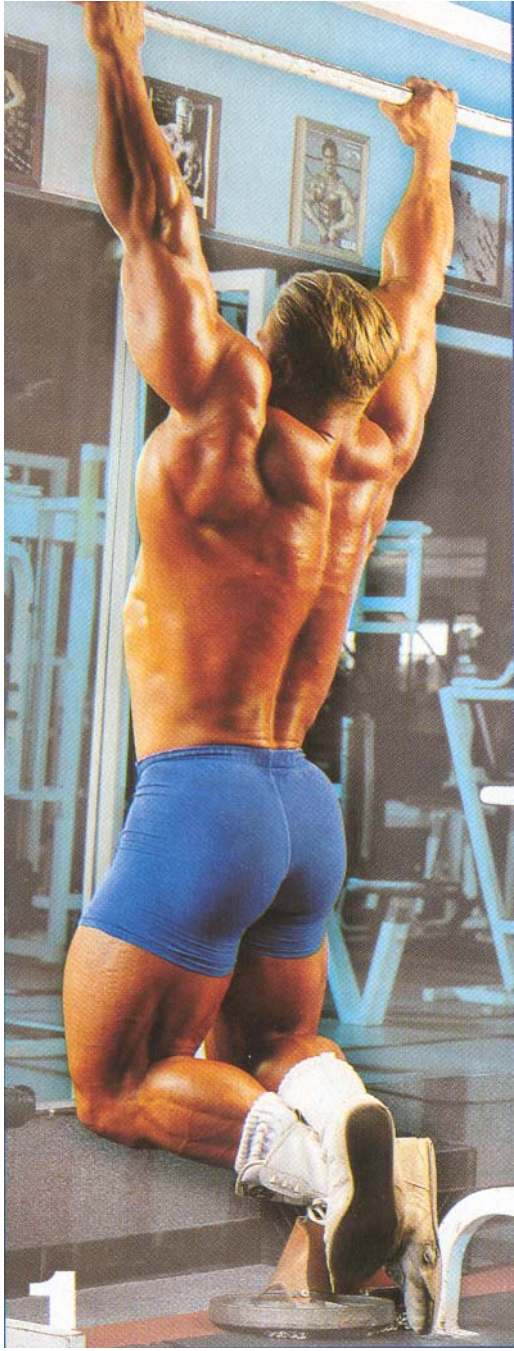


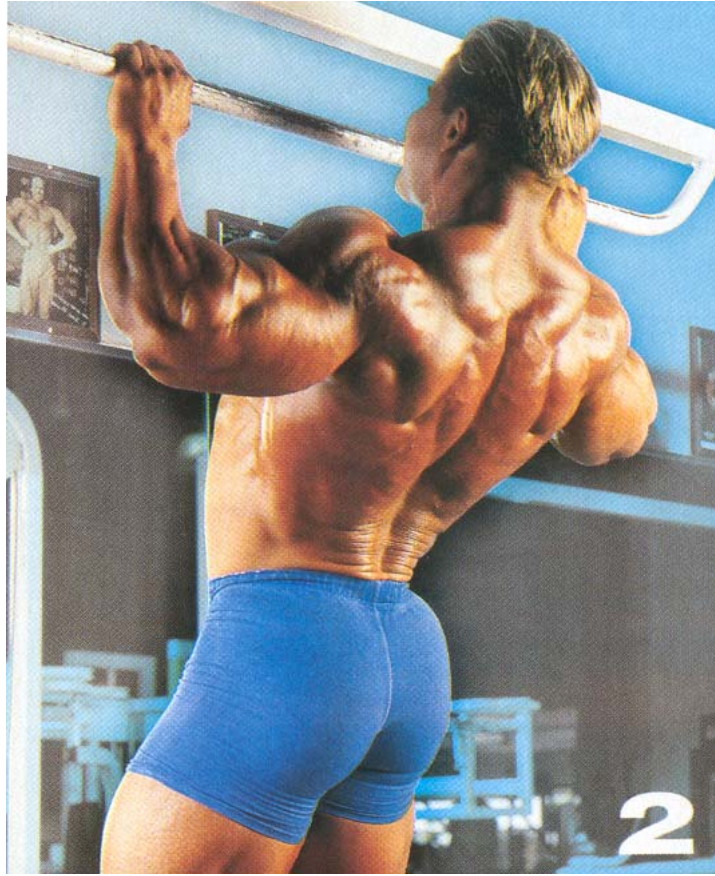
Pull Over



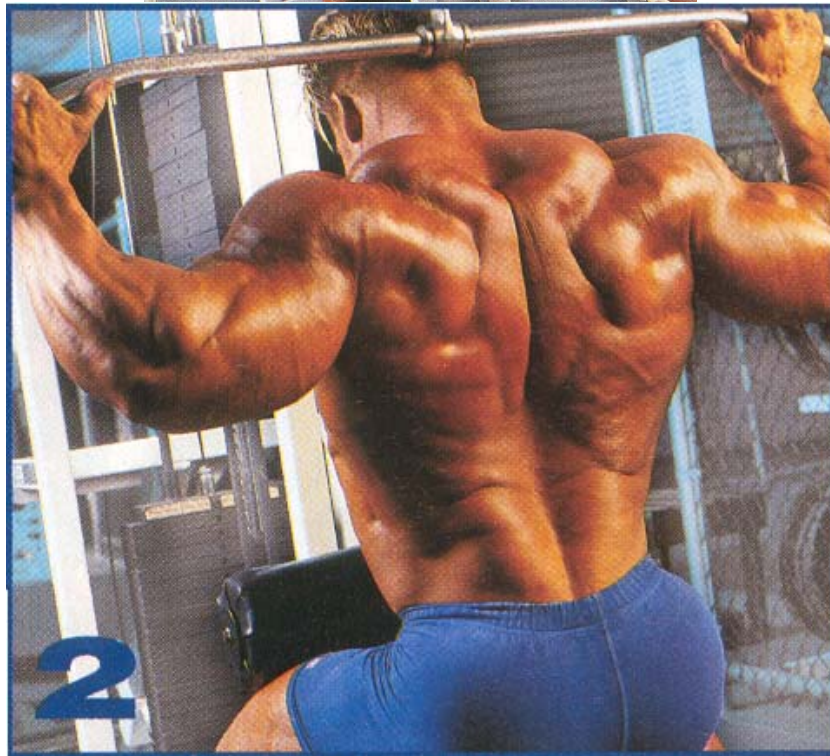
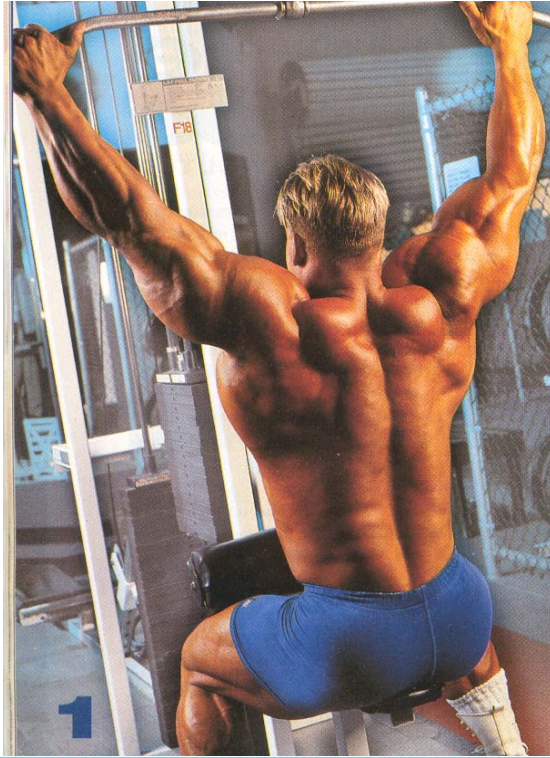
DOS

Tractions

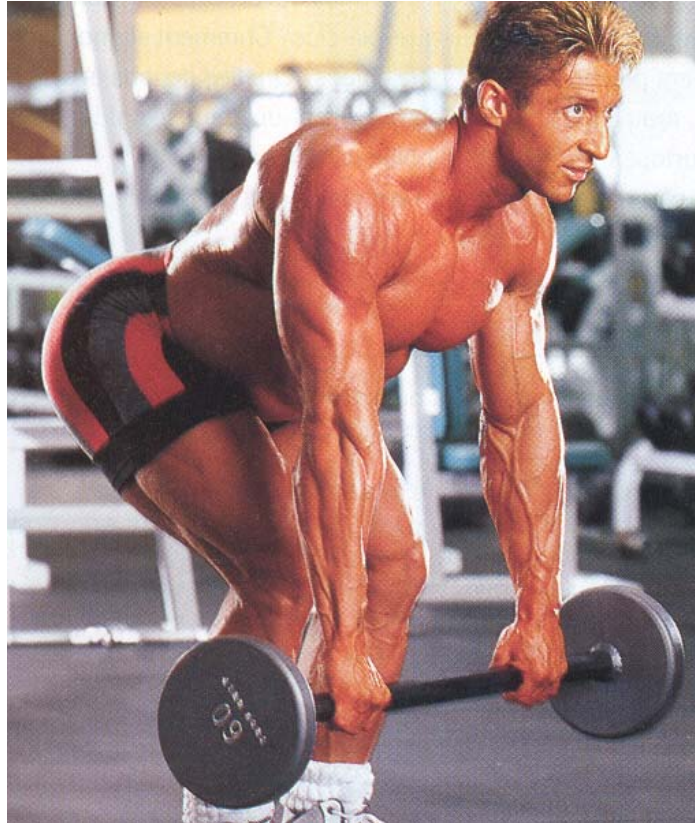




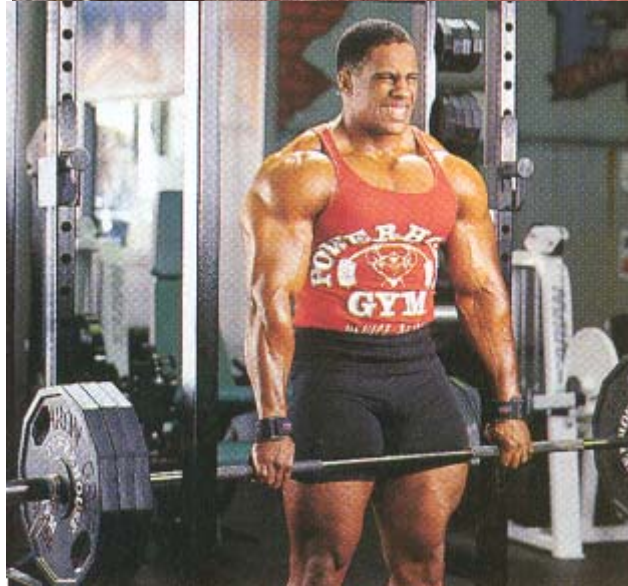
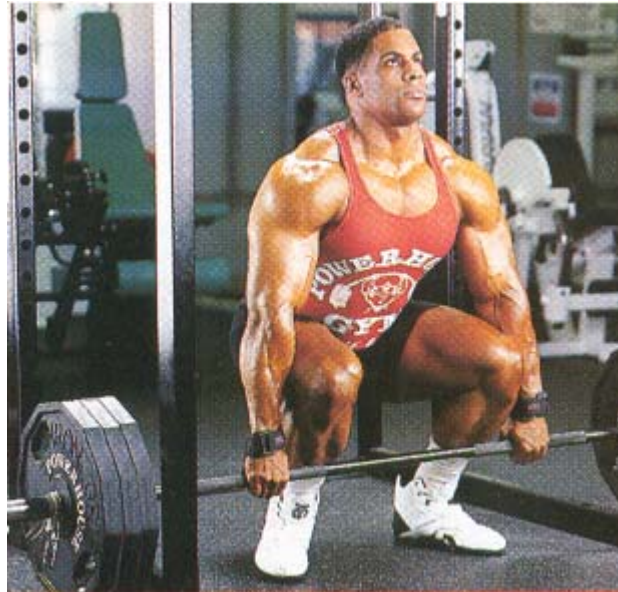
Tirage Nucque



Rowing



Soulevé de terre

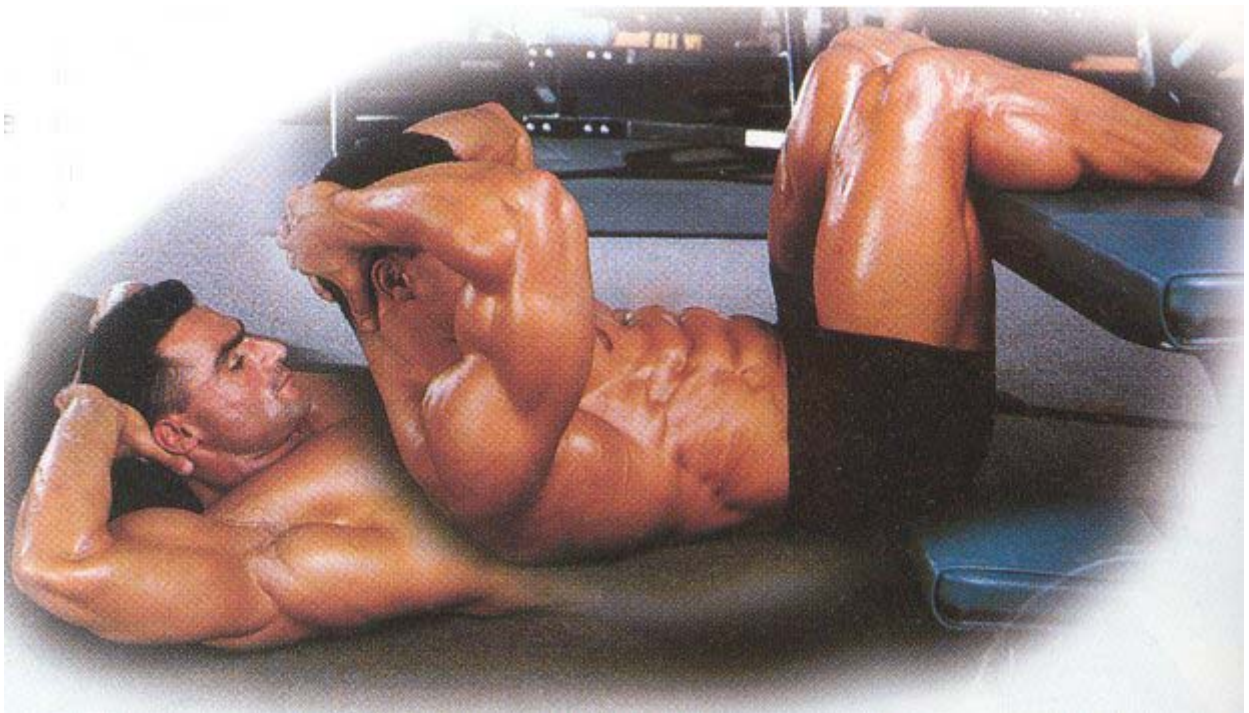


ABDOMINAUX

Crunch inversé

Relevé de jambes

Crunch

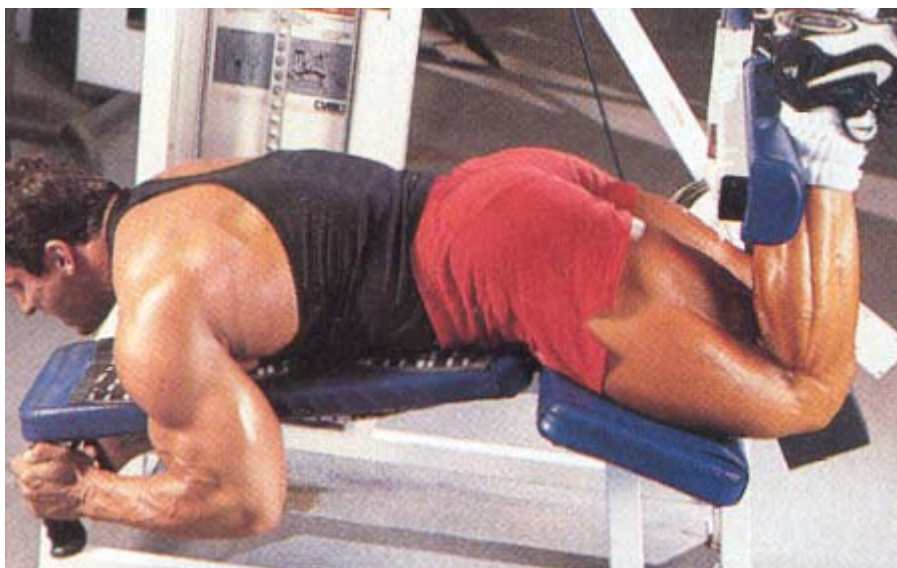


CUISSES ET MOLLETS

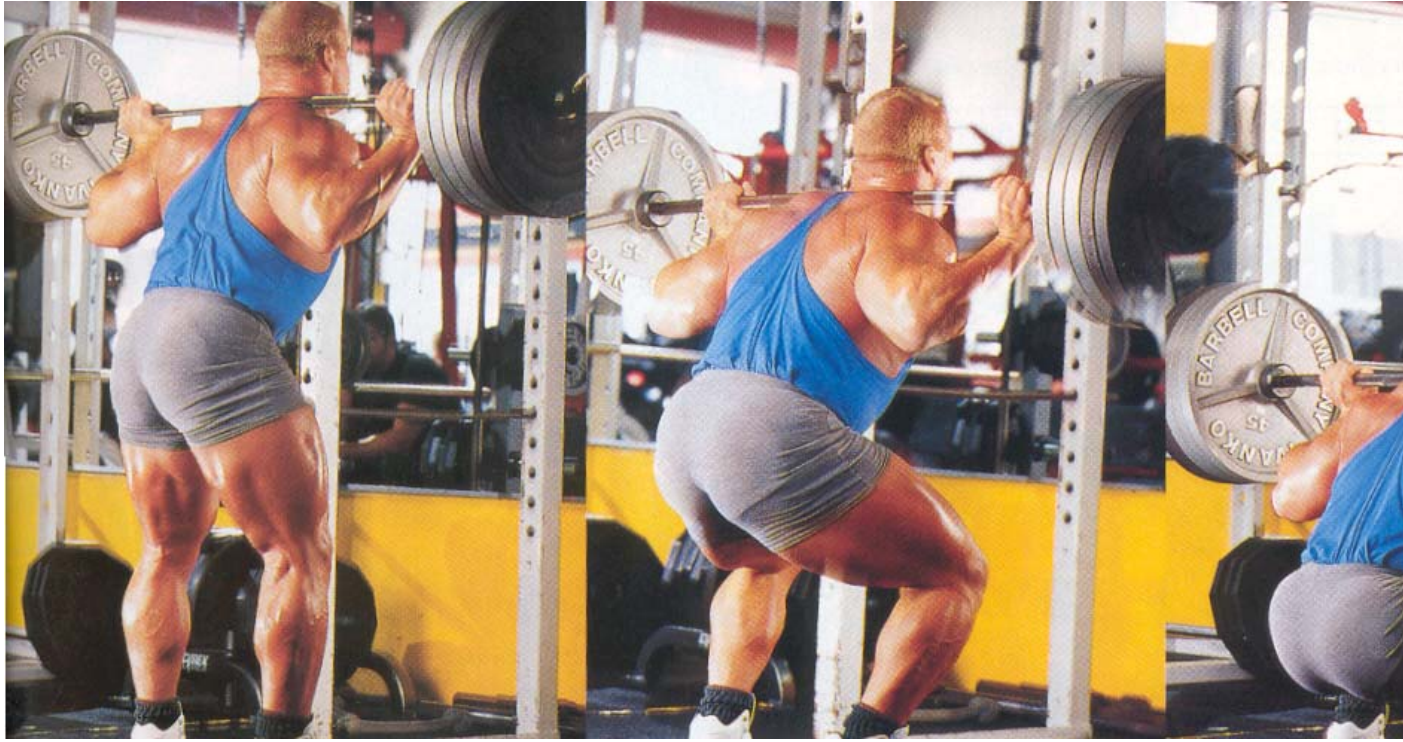
Soulevé de terre jambes tendues



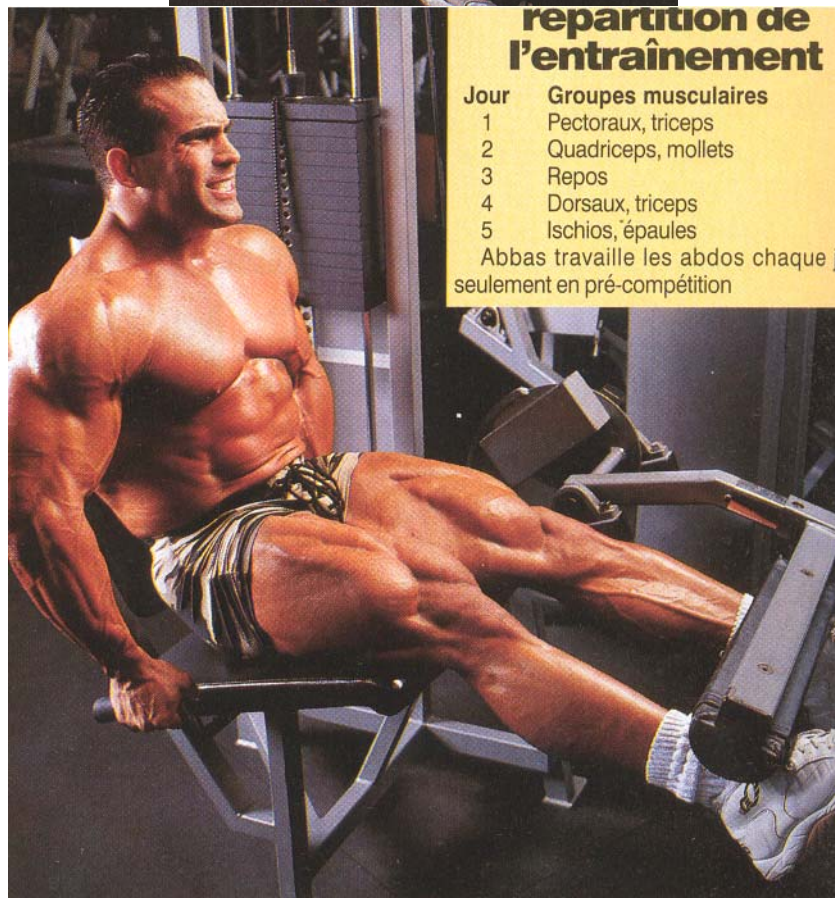
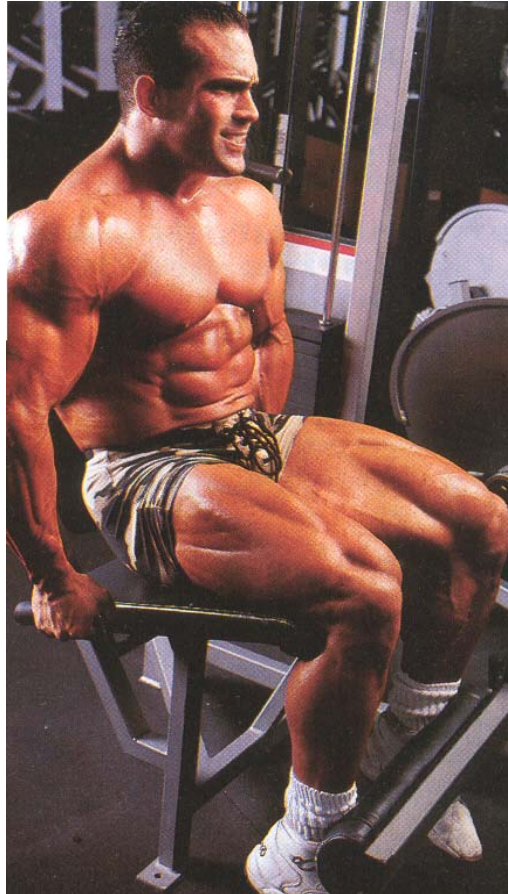
Leg Curl



Squat



Leg Press



répartition de l'entraînement

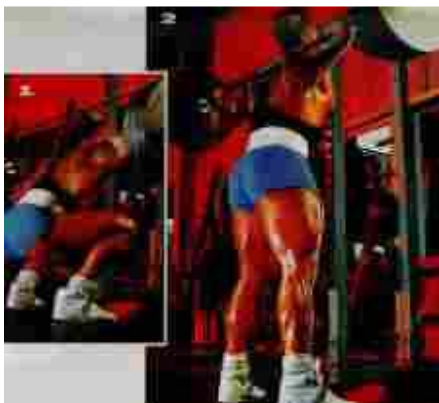
Jour	Groupes musculaires
1	Pectoraux, triceps
2	Quadriiceps, mollets
3	Repos
4	Dorsaux, triceps
5	Ischios, épaules

Abbas travaille les abdos chaque j
seulement en pré-compétition

abdos



Squat



trapéze

