






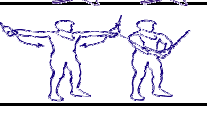



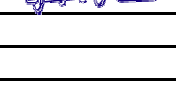

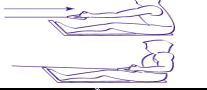





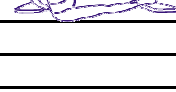





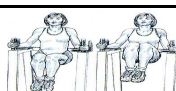


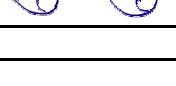


FICHE PERSO:				OBJ:			Date:		
		Nb Series	Nb reps	Tps recup			Nb Series	Nb reps	Tps recup
<b>Pectoraux</b>					<b>Épaules</b>				
Developpé couché					Développé assis				
Developpé incliné					Rowing menton				
Pull over					Elevations latérales				
Butterfly									
Poulie vis à vis					<b>Biceps</b>				
					Curl barre				
					Curl haltères				
					Curl larry scott				
<b>Dorsaux</b>									
Tirage nuque									
Rowing poulie									
Extension lombaire					<b>Triceps</b>				
					Extensions poulie				
					Barre au front				
<b>Cuisses</b>									
Presse					Dips				
Leg extension									
Leg curl					<b>Abdos</b>				
Adducteur machine					Crunch				
					Relevé bassin				
					Rel. genou chaise				
<b>Fessiers</b>									
Abducteur machine					Coudes genou				

séance 1 :  
séance 2 :

séance 3 :  
séance 4 :

<http://www.abcdelamuscultation.com>