



GAINAGE



CISEAU COSTAL G



CISEAU COSTAL D



GAINAGE COSTAL D



GAINAGE COSTAL G



GAINAGE HAUT



GAINAGE SUR GENOUX



GAINAGE VENTRAL



MOUNTAIN CLIMBER

POMPES



POMPES



POMPES ET ROTATION



POMPES MONTÉE DE
COUDES

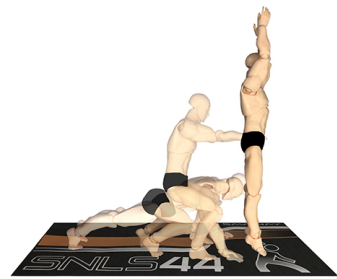


POMPES SUR GENOUX



SUPERMAN GAINAGE

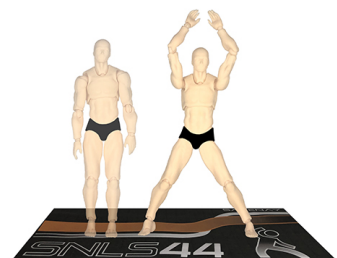
CARDIO



BURPEES



COURIR SUR PLACE



JUMPING JACK



RUSSIAN TWIST



SIT-UP

ABDOS



CISEAUX



CRUNCH



CRUNCH ABDOS CROISÉS



CRUNCH DOUBLE



CRUNCH INVERSÉ



DEADPOOL



SUPERMAN LOMBAIRES

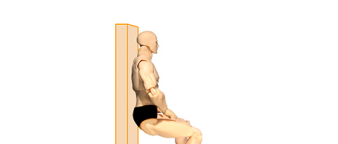


RAMEUR

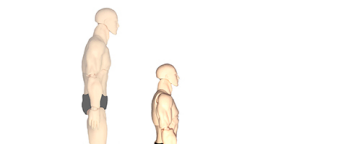


TOUCHE TALONS

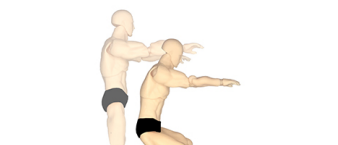
CUISSES



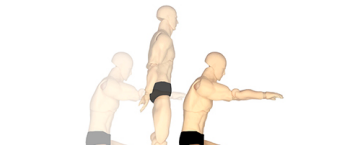
CHAISE



FENTES



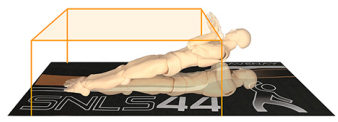
SQUATS



SQUATS SAUTÉS



STEPS



TRACTIONS SOUS TABLE

DIVERS



BICEPS CURL DEBOUT



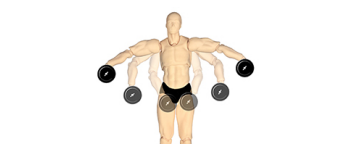
BRAS TENDUS



BRAS ÉPAULÉ JETÉ



DIPS AVEC CHAISE



ÉPAULES ÉLÉVATION
LATÉRALE



PECTORAUX



SOULÉVÉ DE FESSES