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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **PECTORAUX** | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  | **PORTION SUPERIEURE** |  | **PORTION MEDIANE** | |  | **PORTION INFERIEURE** |  | **ETIREMENT** |  |
|  |  |  |  |  | |  |  |  |  |
|  | **BARRES** | **DEVELOPPE INCLINE** |  | **DEVELOPPE COUCHE** | |  | **PULL OVER A LA BARRE** |  |  |
|  |  |  |  | |  |  |  |
| **HALTERES** | **ECARTE INCLINE** |  | **DEVELOPPE COUCHE HALTERES** | **ECARTE COUCHE HALTERES** |  | **PULL OVER HALTERES** |  |
|  |  |  |  |  |  |  |  |
| **POULIES** | **ECARTE INCLINE POULIES** |  | **BUTTERFLY AUX POULIES** | **ECARTE COUCHE POULIES** |  |  |  |
|  |  |  |  |  |  |  |  |
| **POIDS DE CORPS** | **POMPES DECLINEES** |  | **POMPES** | **POMPES SUR LES GENOUX** |  | **POMPES INCLINEES** |  |
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