|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **DORSAUX** | | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  | **DOMINANTE GRAND DORSAL** | |  | **CHAINE**  **POSTERIEURE**  **COMPLETE** | | |  | **DOMINANTE TRAPEZE** | |  | **ETIREMENT** |  |
|  |  |  | |  |  | | |  |  | |  |  |
|  | **BARRES** | **PULL OVER BRAS TENDUS** | |  | **SOULEVE DE TERRE** | | |  | **ROWING BARRE** | |  |  |
|  |  | |  |  | | |  | 0 | |  |
| **HALTERES** |  | |  | **TIRAGE VERTICAL HALTERES EN APPUI** | **TIRAGE VERTICAL HALTERES BUSTE PENCHE** | |  | **ELEVATION DES EPAULES HALTERES (SHRUG)** | |  |
|  | 0 | |  |  | |  |  |  | |  |
| **POULIES** | **TIRAGE POITRINE** | **BARRE AUX CUISSES** |  | **TIRAGE HORIZONTAL** | | |  | **ECARTE BUSTE PENCHE A LA POULIE**  0 | |  |
|  |  | |  |  | |  |  |  | |  |
| **POIDS DE CORPS** | **TRACTIONS PRONATIONS** | **TRACTIONS SUPINATION** |  |  | | |  |  |  |  |
|  | | | | |  |  | | |  |  | | | |  |