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|  | **FESSIERS** | | | | | | | | | | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  |  | | | | | | | | | | | | | | | | |  | **ETIREMENT** |  |
|  |  |  | |  |  | | | | | | | | | | |  |  | |  |  |
|  | **BARRE** | **SQUAT PROFOND** | | | | | |  | **FENTES** | | | |  | **MONTEES SUR BANC** | | | | |  |  |
|  |  | |  |  | | | | | | | | | | |  |  | |  |
| **POULIE** | **FLEXION DE BUSTE A LA POULIE** | | | | | | | | | | | | | | | | |
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| **POIDS DE CORPS** | **ELEVATION LATERALE JAMBE PLIEE** | **ELEVATION POSTERIEURE JAMBE PLIEE** | | | | | | | **EXTENSION POSTERIEURE** | | **ELEVATION POSTERIEURE JAMBE TENDUE** | | | | | | **FELXION JAMBE SUR LE COTE** |  |
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| **GAINAGE** |  | | | | |  | | | | | | | |  | | | |
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