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|  | **QUADRICEPS** | | | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  |  | | | | | | | | | |  | **ETIREMENT** |  |
|  |  |  |  |  | | | | | |  |  |  |  |
|  | **BARRES** | **DEMI SQUAT** | | | | | **FENTES** | | **MONTEES SUR BANC** | | |  |  |
|  |  |  |  | | | | | |  |  |  |
| **HALTERES** | **SQUATS HALTERES** | | | **FENTES HALTERES** | | | **MONTEES SUR BANC HALTERES** | | | **CHAISE HALTERES** |
|  |  |  |  | |  | | | |  |  |
| **POIDS DE CORPS** | **FLEXIONS** | | | **FENTES AU PDC** | | | **MONTEES SUR BANC AU PDC** | | | **CHAISE AU PDC** |  |
|  |  |  |  | | |  | | |  |  |
| **MACHINES** | **PRESSE OBLIQUE** | | | | | | **LEG EXTENSION** | | | |
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