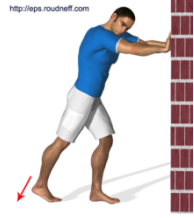


LES ETIREMENTS

Les mollets



Les isquio-jambiers



Les quadriceps



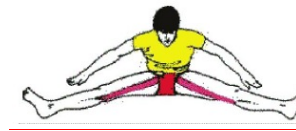
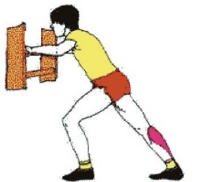
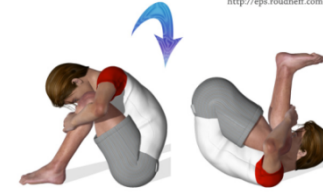
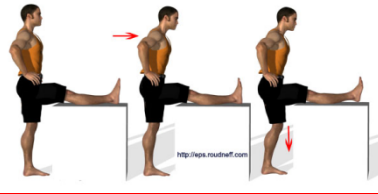
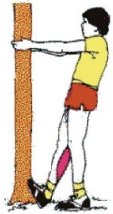
Le dos



Les adducteurs



Les fessiers



Les biceps	Les pectoraux	Les triceps	Les abdominaux
 http://eps.roudneff.com	 http://eps.roudneff.com	 http://eps.roudneff.com	 http://eps.roudneff.com
 http://eps.roudneff.com		 http://eps.roudneff.com	 http://eps.roudneff.com