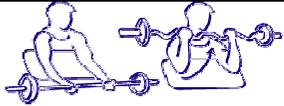
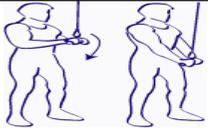
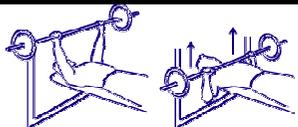
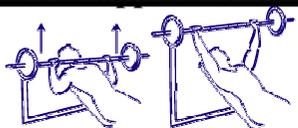
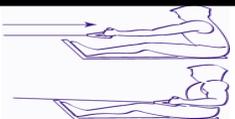


# MUSCULATION

## Programme individualisé

Exercices	Séance N°																			
	Série	Répét°	Poids	Charge																
<b>Membres supérieurs. Epaulles &amp; Dos</b>																				
 <b>Biceps</b>																				
 <b>Triceps</b>																				
 <b>Pectoraux</b>																				
 <b>Développé Couché</b>																				
 <b>Développé Incliné</b>																				
 <b>Tirage Bas</b>																				
 <b>Tirage Haut</b>																				
<b>Total 1</b>																				

Exercices	Séance N°																			
	Série	Répét°	Poids	Charge																
<b>Abdominaux, Membres inférieurs, Echauffement, Etirements....</b>																				
 Abdominaux																				
 Presse - Jambes																				
 Ischio-jambiers																				
 Quadriceps																				
 Etirements																				
Echauffement. Cardio																				
<b>Divers.....</b> (voir catalogue d'exercices)																				
<b>Total 2</b>																				
<b>Total séance 1 + 2</b>																				