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|  | **TRICEPS** | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  |  | | | | | | | |  | **ETIREMENT** |  |
|  |  |  |  |  | | | |  |  |  |
|  | **BARRES** | **EXTENSION COUCHE A LA BARRE**  **BARRE AU FRONT** | | | | **EXTENSION DEBOUT A LA BARRE** | | | |  |
| **HALTERES** | **EXTENSION DEBOUT HALTERES** | | | **EXTENSION ASSIS 1 BRAS HALTERES** | | **KICK BACK HALTERES** | | |
|  |  |  |  | | | |  |  |
| **POULIES** | **TIRAGE POULIE HAUTE** | | | | **TIRAGE POULIE HAUTE ARRIERE** | | | |
|  |  |  |  | |  | |  |  |
| **POIDS DE CORPS** | **DIPS AU BANC** | | | | **DIPS A LA CHAISE ROMAINE** | | | |
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