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|  | **ISCHIOS JAMBIERS** | | | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  |  | | | | | | | | | |  | **ETIREMENT** |  |
|  |  |  |  |  | | | | | |  |  |  |
|  | **BARRES** | **SOULEVE DE TERRE JAMBES PLIEES** | | | | | | **SOULEVE DE TERRE JAMBES TENDUES** | | | |  |  |
|  |  |  |  |  | | | | |  |  |  |
| **POIDS DE CORPS** | **RELEVE DE BASSIN 2 JAMBES** | | | | **RELEVE DE BASSIN 1 JAMBE** | | | **RELEVE DE BASSIN + CHARGE** | | |  |
|  |  |  |  | | |  | | |  |  |  |
| **MACHINES** | **LEG CURL ISCHIOS** | | | | | | | | | |  |
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