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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **BICEPS** | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  |  | | | | | |  | **ETIREMENT** |  |
|  |  |  |  |  | |  |  |  |
|  | **BARRES** | **LARRY SCOTT** | | | **LARRY SCOTT DEBOUT** | | |  |
| **HALTERES** | **CURL HALTERE AU BANC** | | | **CURL HALTERE DEBOUT** | | |
|  |  |  |  | |  |  |
| **POULIES** | **TIRAGE POULIE BASSE** | | | **FLEXION DE BRAS A LA POULIE HAUTE** | | |
|  |  |  |  |  |  |  |
| **POIDS DE CORPS** | **TRACTION PRISE SUPINATION** | | | | | |
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