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|  | **ABDOMINAUX** | | | | | | | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  |  | | | | | | | | | | | | | |  | **ETIREMENT** |  |
|  |  |  | |  |  | | | | | | | |  |  | |  |  |
|  | **CHAISE ROMAINE** | **RELEVE DE GENOUX A LA CHAISE ROMAINE** | | | | | | | **RELEVE DE JAMBES A LA CHAISE ROMAINE** | | | | | | |  |  |
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| **POULIE** | **FLEXION DE BUSTE A LA POULIE** | | | | | | | | | | | | | |
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| **POIDS DE CORPS** | **CRUNCH PIEDS AU SOL** | **CRUNCH PIEDS RELEVES** | | | | | **GENOUX AUX PEC** | | **CHANDELLES** | **CRUNCH CROISE** | | | | **SERPENT** |  |
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| **GAINAGE** |  | | | | |  | | | | |  | | | |
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