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|  | **DELTOIDES** | | | | | | | | | | | |  |
|  | **GROUPE MUSCULAIRE** |  | **FAISCEAU ANTERIEUR** | |  | **FAISCEAU MEDIAN** | |  | **FAISCEAU POSTERIEUR** | |  | **ETIREMENT** |  |
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|  | **BARRES** | **DEVELOPPE NUQUE** | | | | **DEVELOPPE MILITAIRE** | | | |  |
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| **HALTERES** | **ELEVATIONS FRONTALES** | |  | **DEVELOPPE ASSIS** | **ELEVATIONS LATERALES** |  | **ELEVATIONS LATERALES BUSTE PENCHE** | |
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| **POULIES** | **ELEVATIONS FRONTALES A LA POULIE** | |  | **ELEVATIONS LATERALES A LA POULIE** | |  | **ECARTE A LA POULIE HAUTE** | |
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