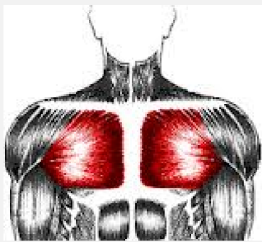


# Pour le haut du corps

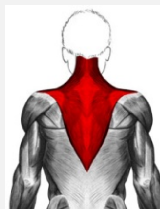
## LES PECTORAUX



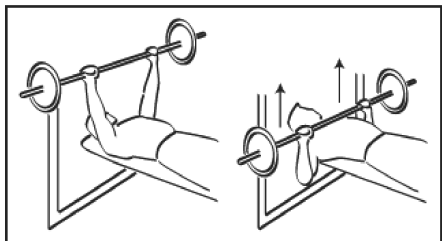
## LE GRAND DORSAL



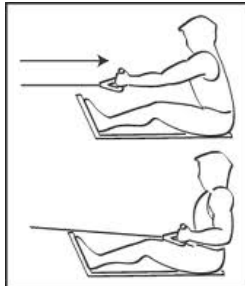
## Le TRAPEZE



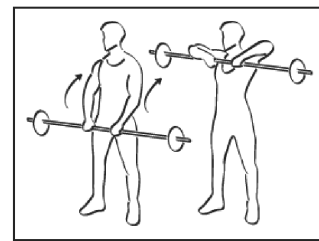
## LES DELTOÏDES



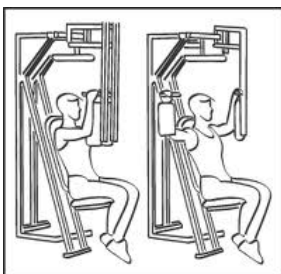
Développé Couché



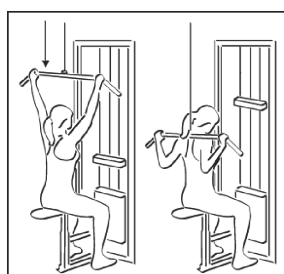
Tirage horizontal prise serrée coudes derrière



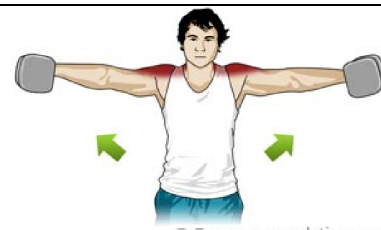
Rowing de barre au menton prise serrée



Le Butterfly

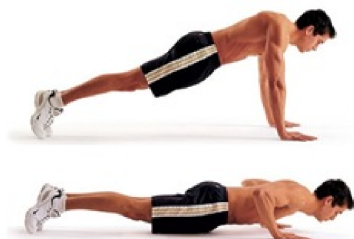


Poulie haute : Tirage derrière nuque ou devant

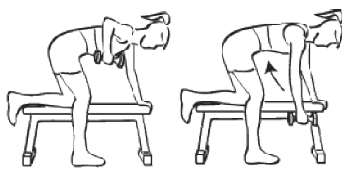


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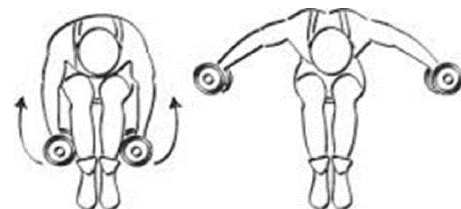
Élévation latérale



Les pompes



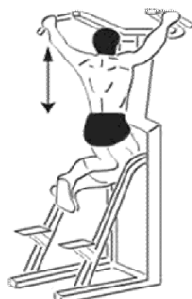
Rowing à 1 bras avec haltères



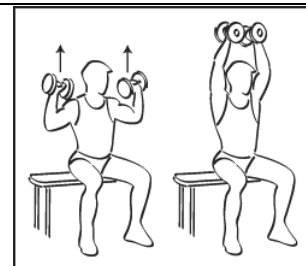
L'oiseau buste penché



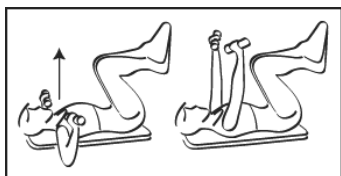
Ecarté couché avec haltères



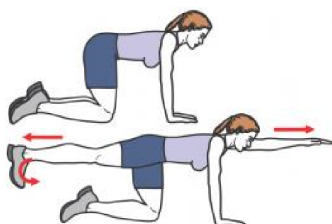
Traction à la barre prise large



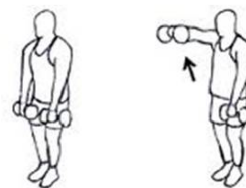
Développé assis



Développé couché avec haltères



Fixer dos et bras opposé à la jambe



Élévation frontale avec haltères

