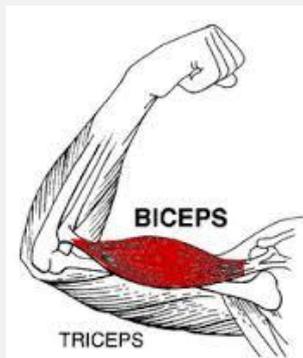
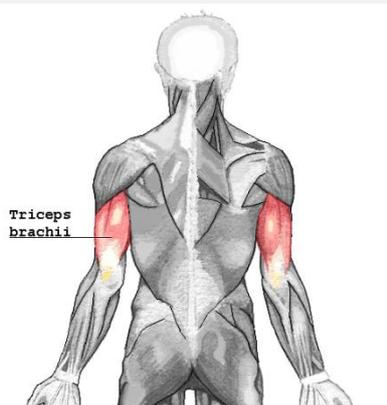


Pour les bras , en isolation .

BICEPS (ISOLATION)

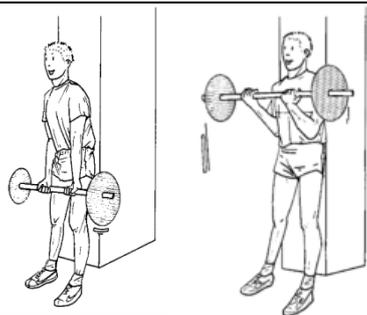


TRICEPS BRACHIAL

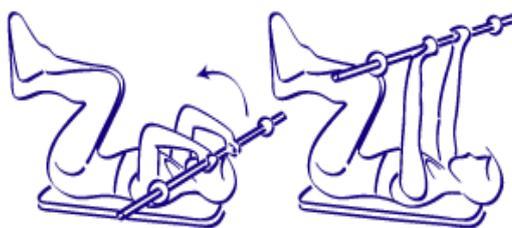


© Espace-musculation.com

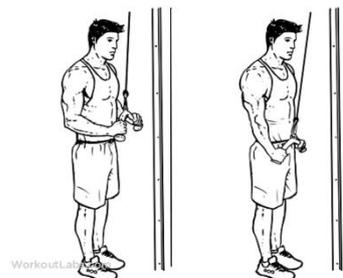
ETIRER le TRICEPS



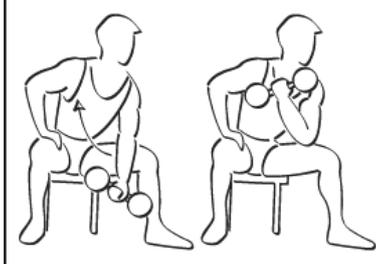
Contre mur biceps avec barre



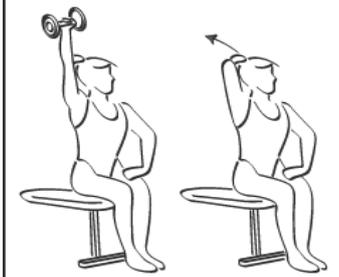
Sur banc , flexion avant bras serrés vers front



Tirage petite poulie haute. Ramener coudes au corps bras serrés.



Assis flexion 1 bras/ haltère

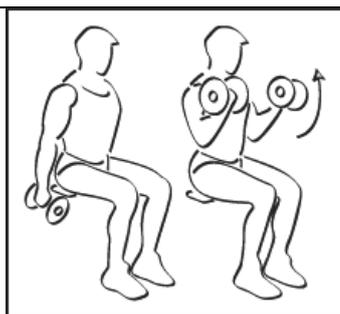


Assis extension 1 bras/triceps.

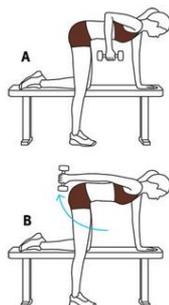
Bras contre oreille



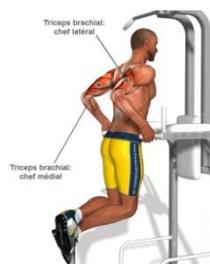
Dips avec chaise (N1)



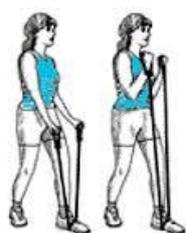
Assis, biceps 2 bras avec haltères



Triceps Kick arrière



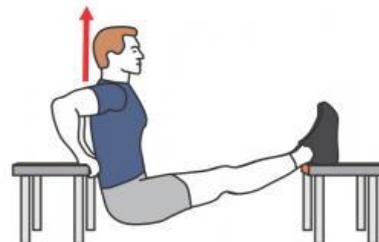
Dips à la chaise Romaine



Biceps avec élastiques



Assis 1 haltère à 2 mains derrière tête extension



Dips entre 2 bancs- jbes tendues (N2)

