



# SÉANCE DOS

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6 EXERCICES · DOS LARGE

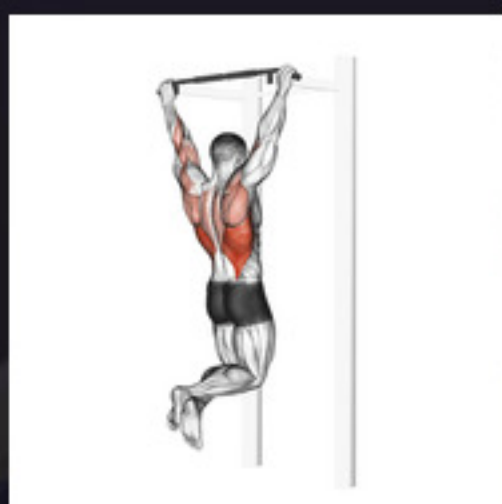
**PROGRAMME GRATUIT**

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# SÉANCE

## DOS



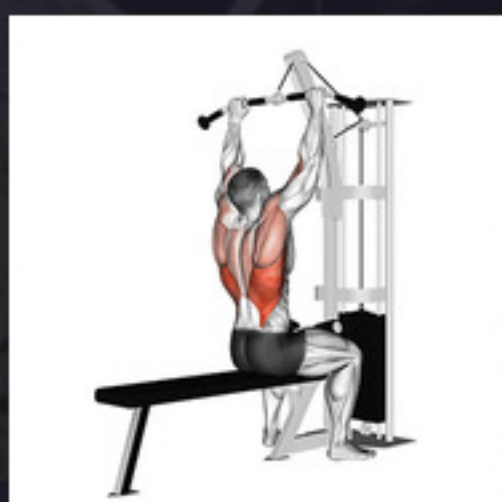
### 01 | TRACTIONS

3 × 10-12 SÉRIES × REPS



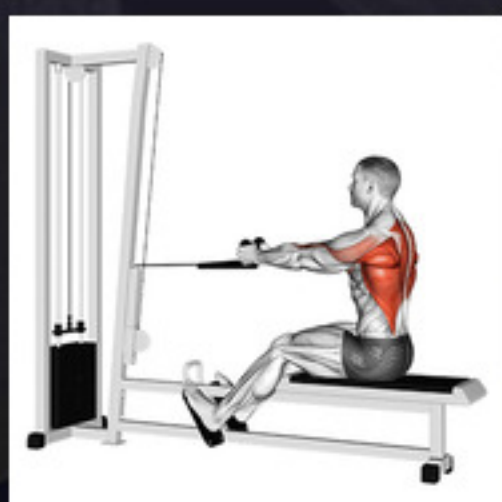
### 02 | ROWING BARRE

3 × 10-12 SÉRIES × REPS



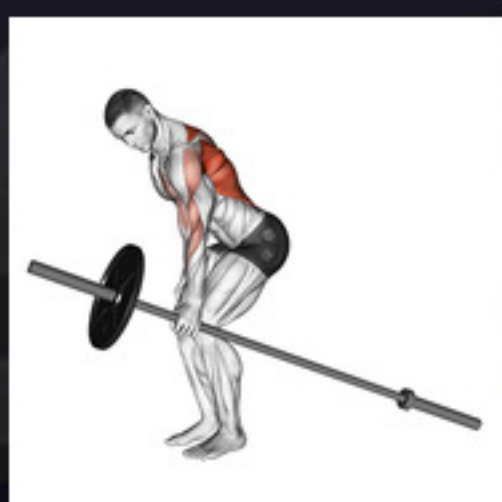
### 03 | TIRAGE POITRINE

3 × 10-12 SÉRIES × REPS



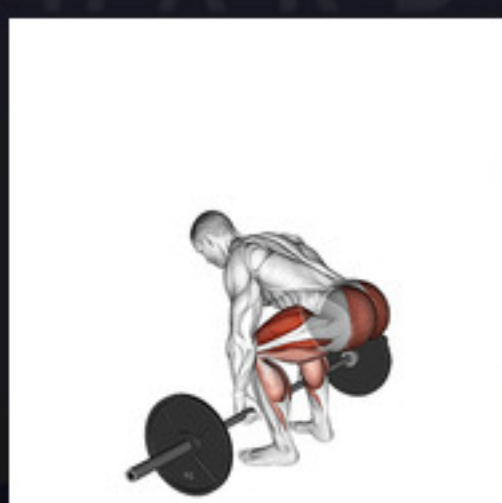
### 04 | ROWING CÂBLE

3 × 10-12 SÉRIES × REPS



### 05 | ROWING HALTÈRE

3 × 10-12 SÉRIES × REPS



### 06 | SOULEVÉ DE TERRE

3 × 10-12 SÉRIES × REPS





# 7 AUTRES PROGRAMMES T'ATTENDENT

## FULL BODY

4 JOURS · PRISE DE MUSCLE · SALLE

PDF →

## PUSH PULL

3 JOURS · HYPERTROPHIE · SALLE

PDF →

## HAUT

2 JOURS · FORCE & VOLUME · SALLE

PDF →

## PECTORAUX

6 EXERCICES · POITRINE

PDF →

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