



SÉANCE JAMBES

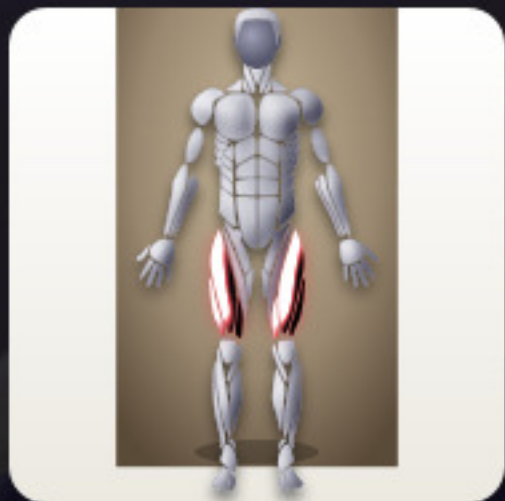
6 EXERCICES · QUADRI & ISCHIO

PROGRAMME GRATUIT

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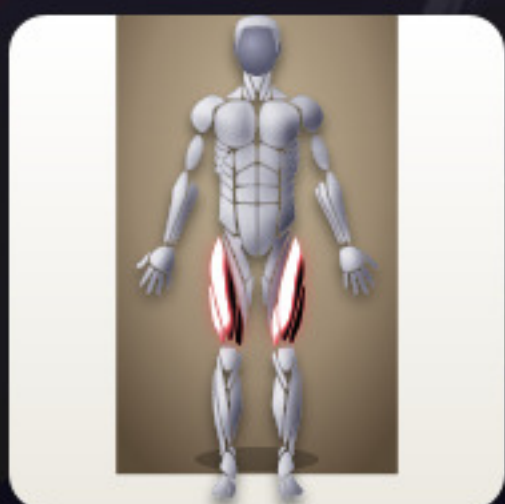
SÉANCE

JAMBES



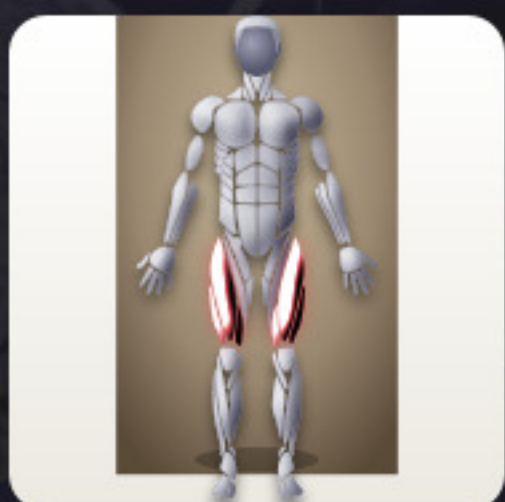
01 | SQUAT BARRE

3 × 10-12 SÉRIES × REPS



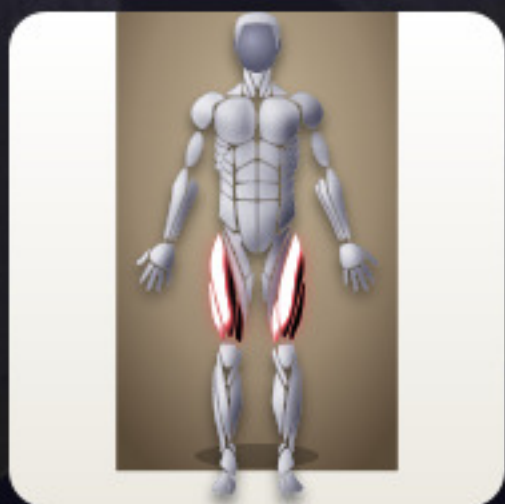
02 | SQUAT HACK

3 × 10-12 SÉRIES × REPS



03 | PRESSE À JAMBES

3 × 10-12 SÉRIES × REPS



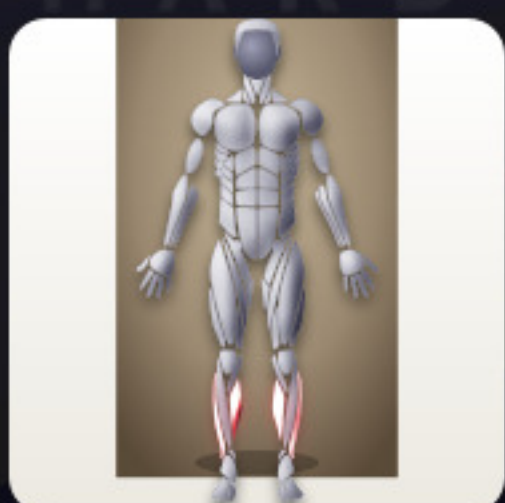
04 | EXTENSION JAMBES

3 × 10-12 SÉRIES × REPS



05 | CURL ALLONGÉ

3 × 10-12 SÉRIES × REPS



06 | MOLLETS ASSIS

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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