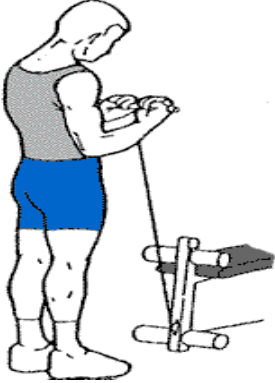


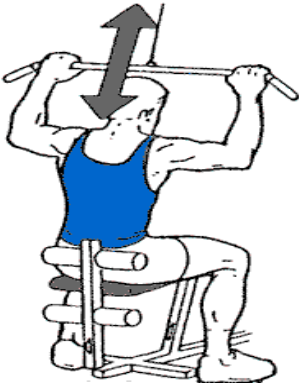
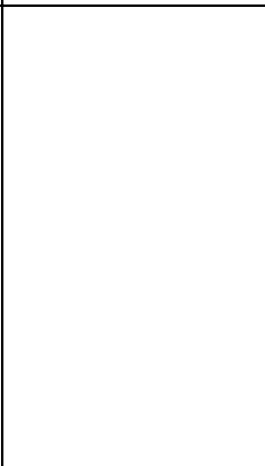
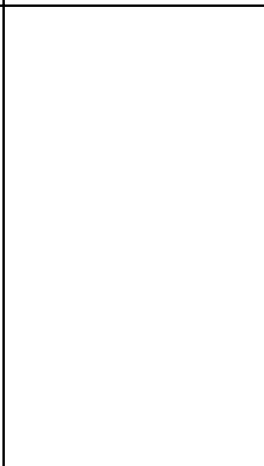
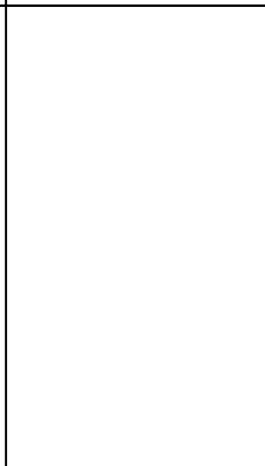
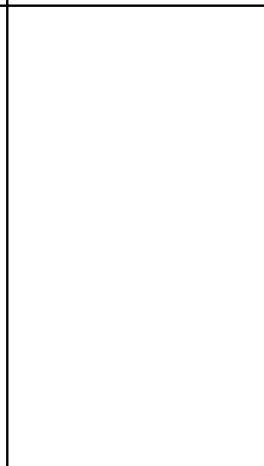
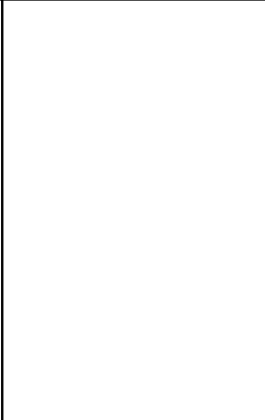
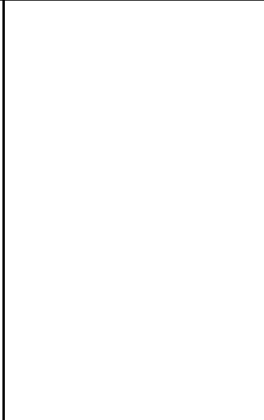
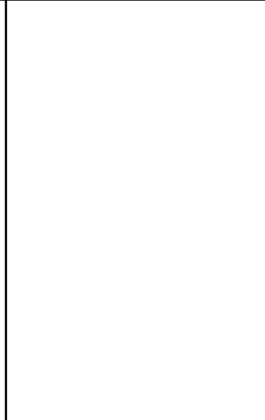
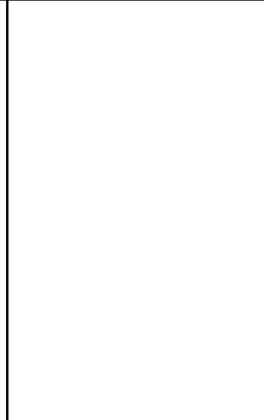
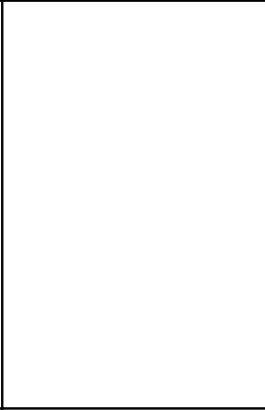
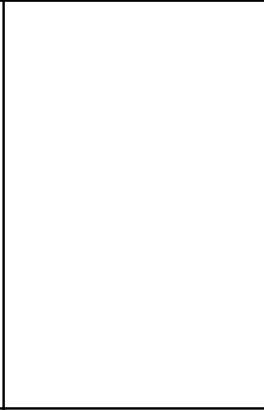
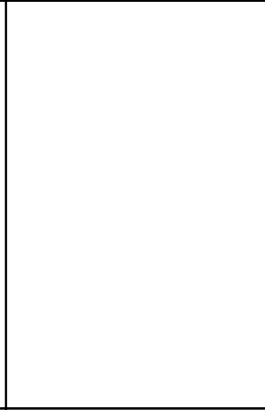
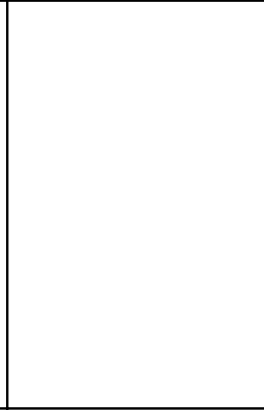
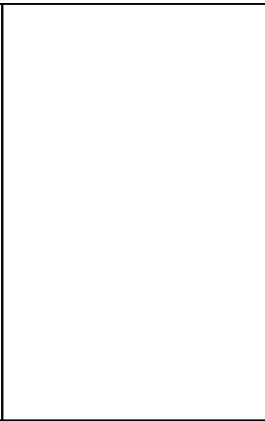
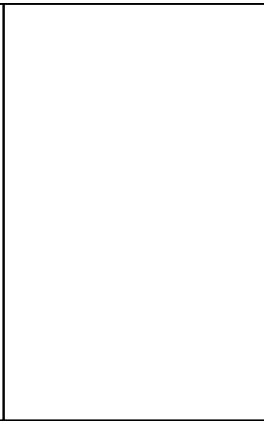
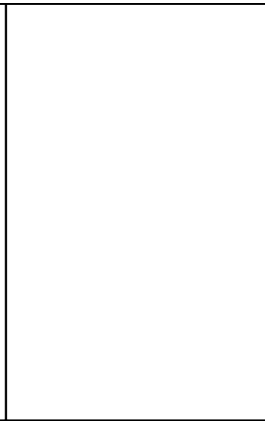
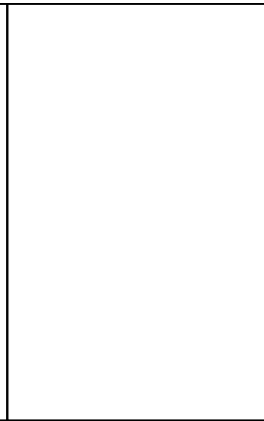
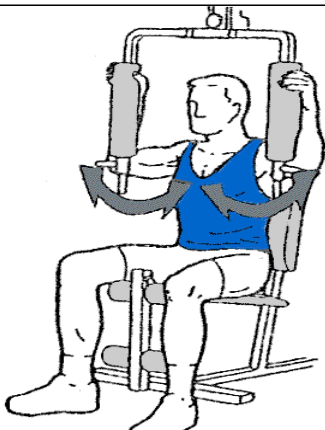
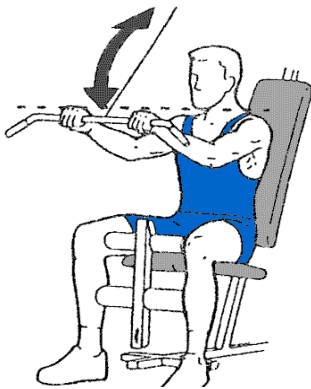
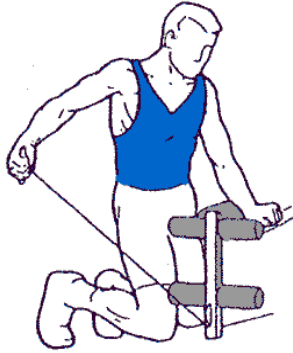
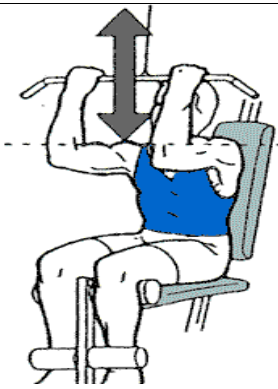
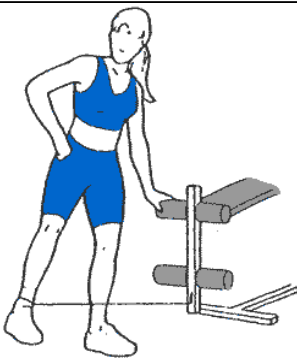
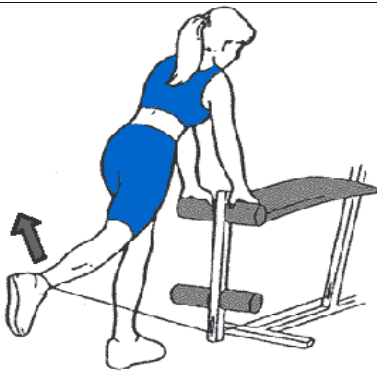
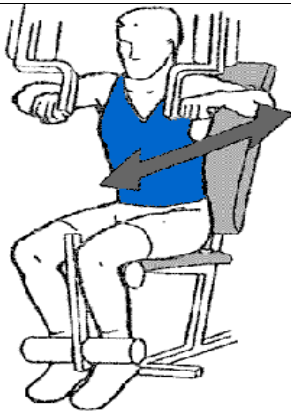


Carnet de musculation mensuel avec charge guidée

Insérer dans les cases des exercices réalisés : le jour de l'entraînement, la charge soulevée, le nombre de séries et le nombre de répétitions. *Exemple : Lundi ; 2 X 18kg ; 3 X 12*

Mois :	Semaine 1	Semaine 2	Semaine 3	Semaine 4
				
				
				
				





Liens internet

Matériel de musculation

Musculation à la maison

Musculation avec charge guidée