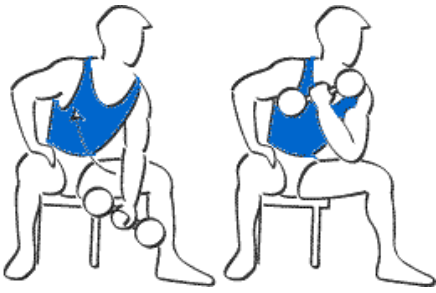
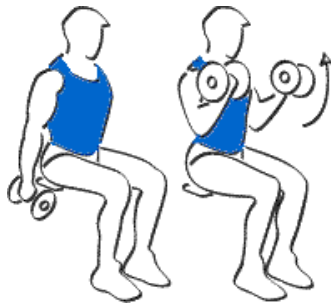


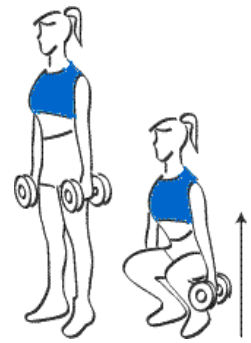
Exercices de musculation avec haltères



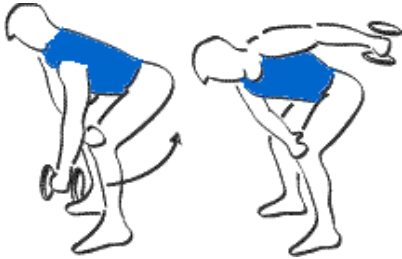
Biceps



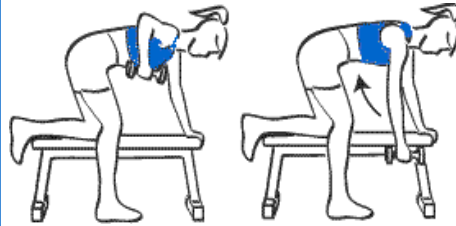
Biceps



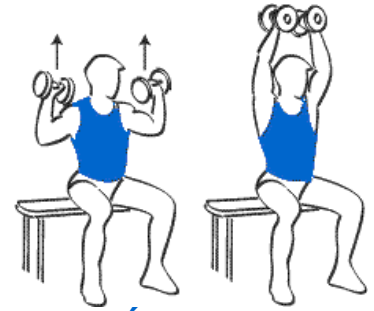
Cuisses



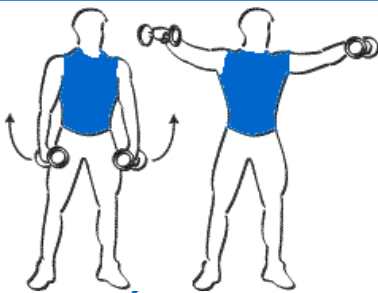
Dos



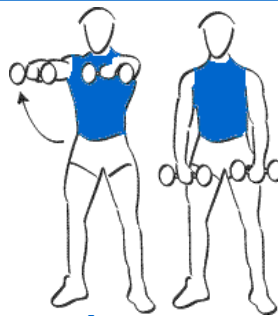
Dos



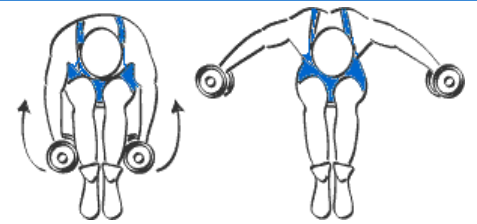
Épaules



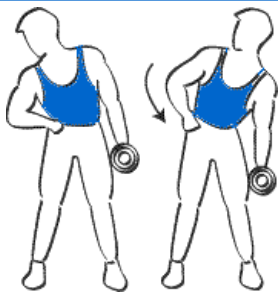
Épaules



Épaules



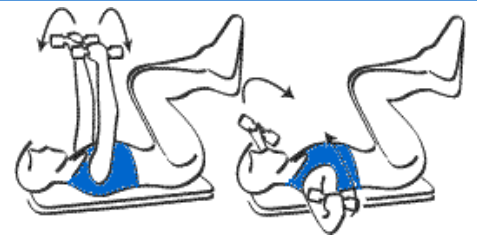
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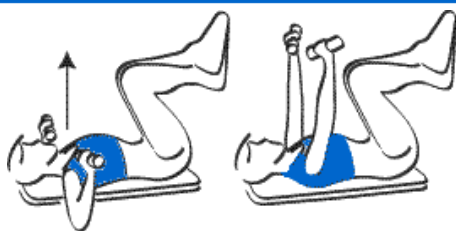
Obliques



Pectoraux



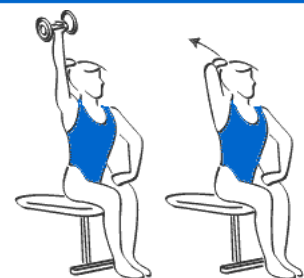
Pectoraux



Pectoraux



Triceps



Triceps