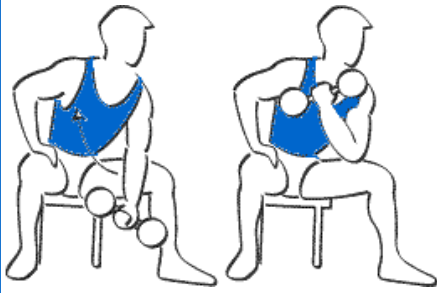
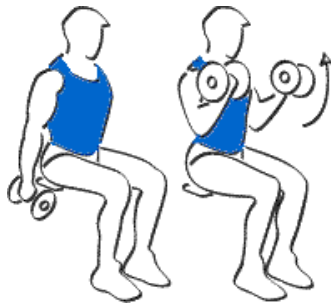


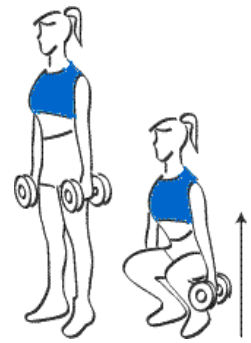
# Exercices de musculation avec haltères



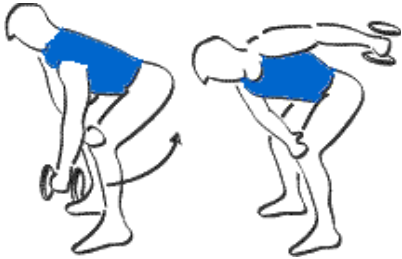
**Biceps**



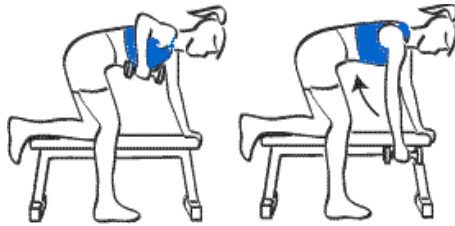
**Biceps**



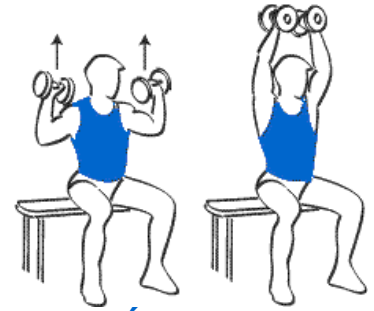
**Cuisses**



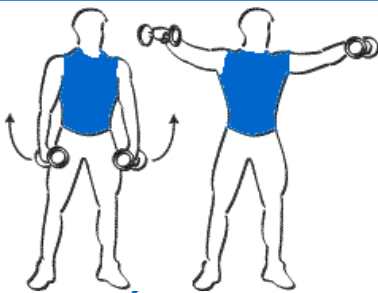
**Dos**



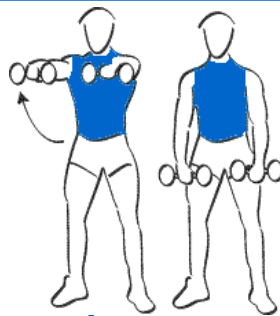
**Dos**



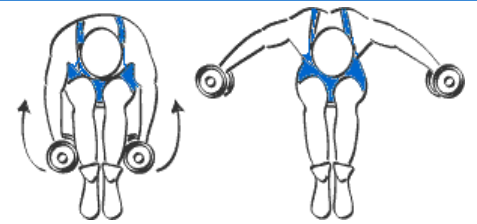
**Épaules**



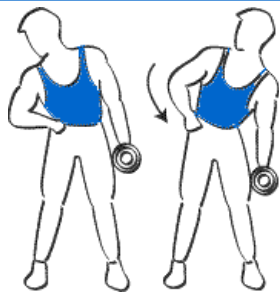
**Épaules**



**Épaules**



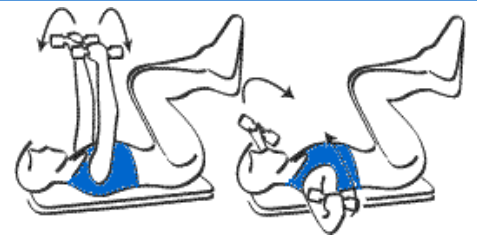
**Épaules**



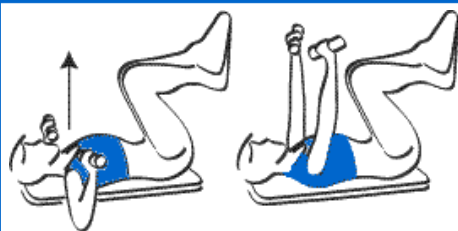
**Obliques**



**Pectoraux**



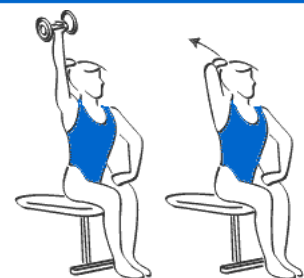
**Pectoraux**



**Pectoraux**



**Triceps**



**Triceps**