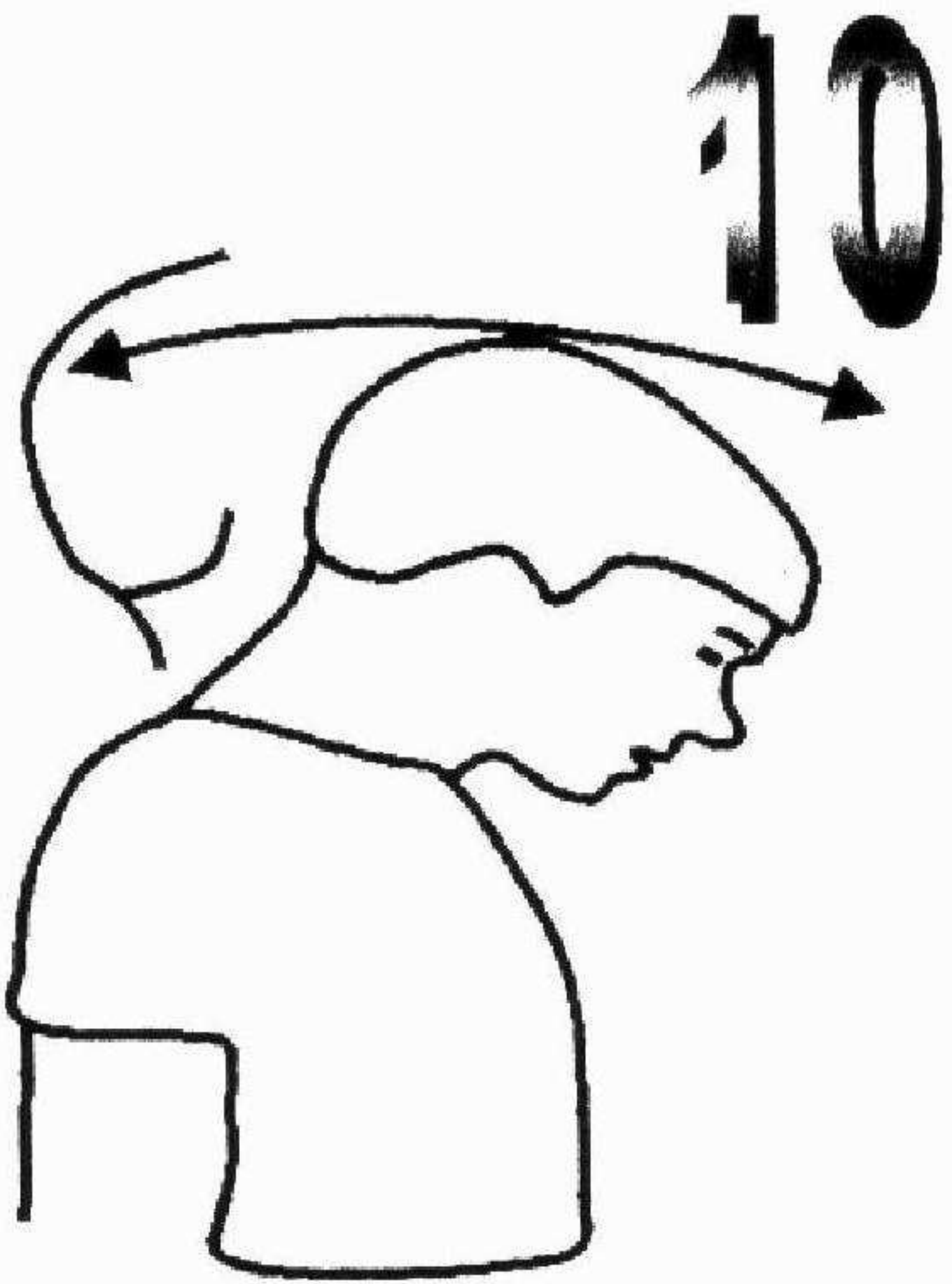
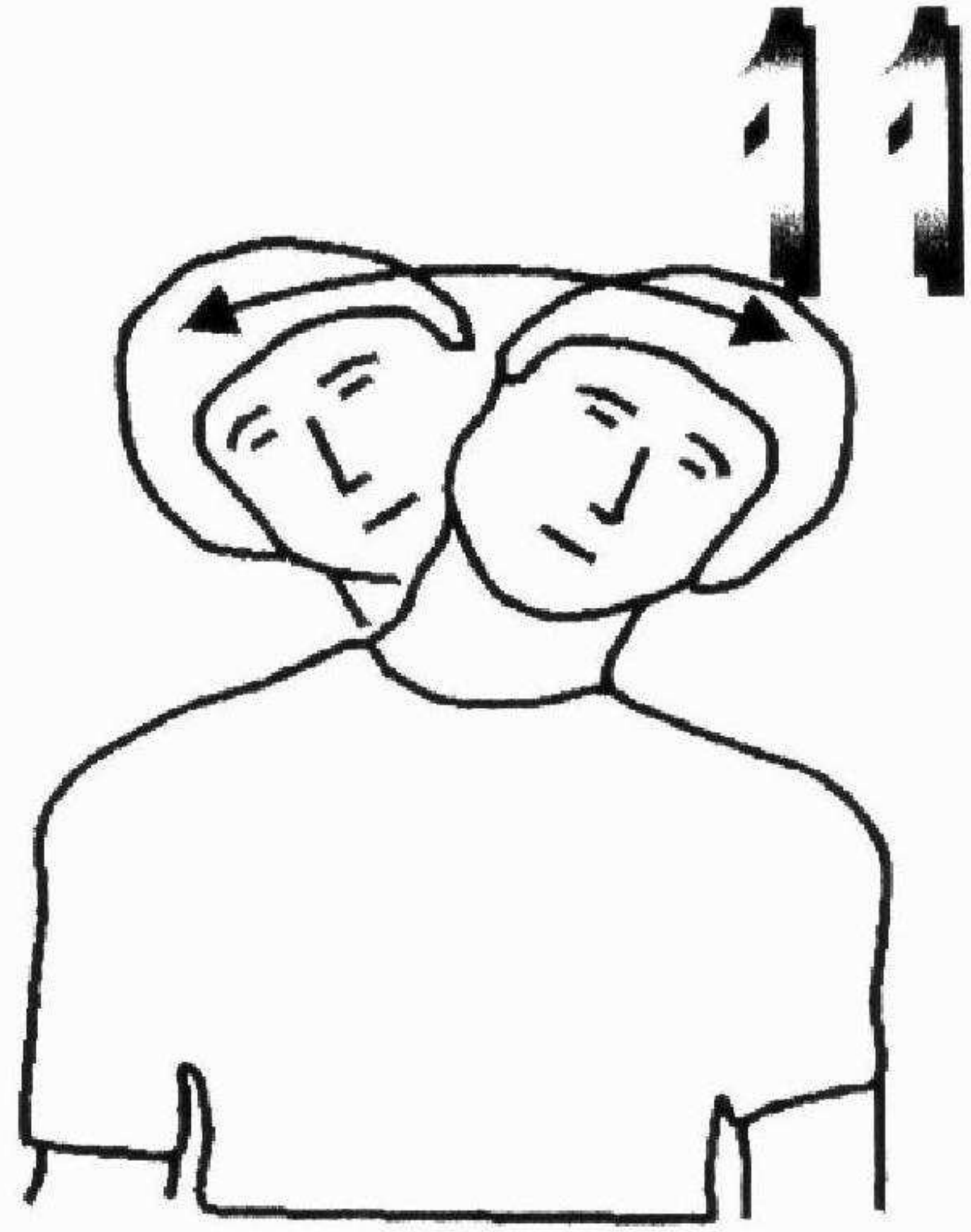


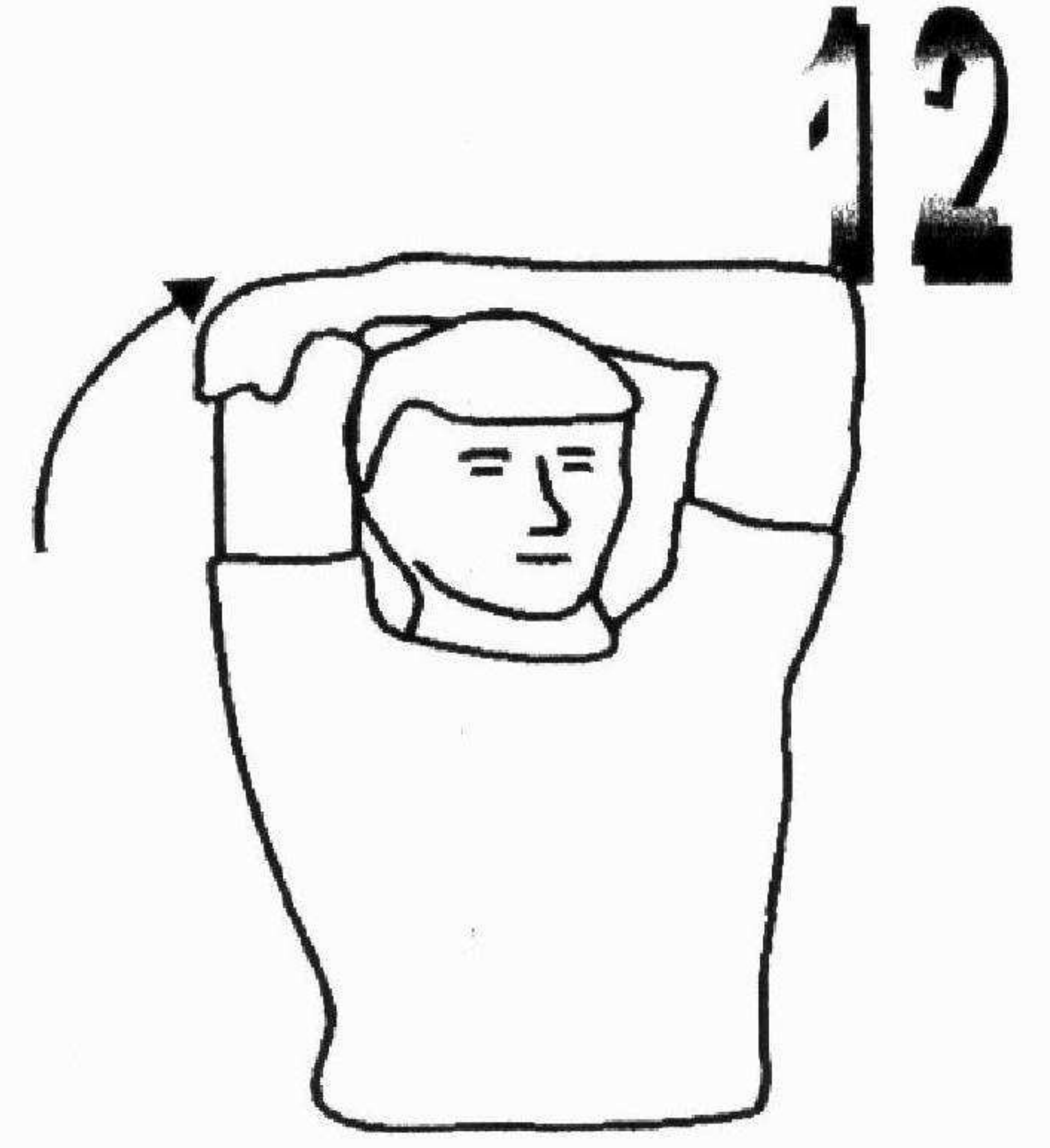
GYM
physique
EXTREME



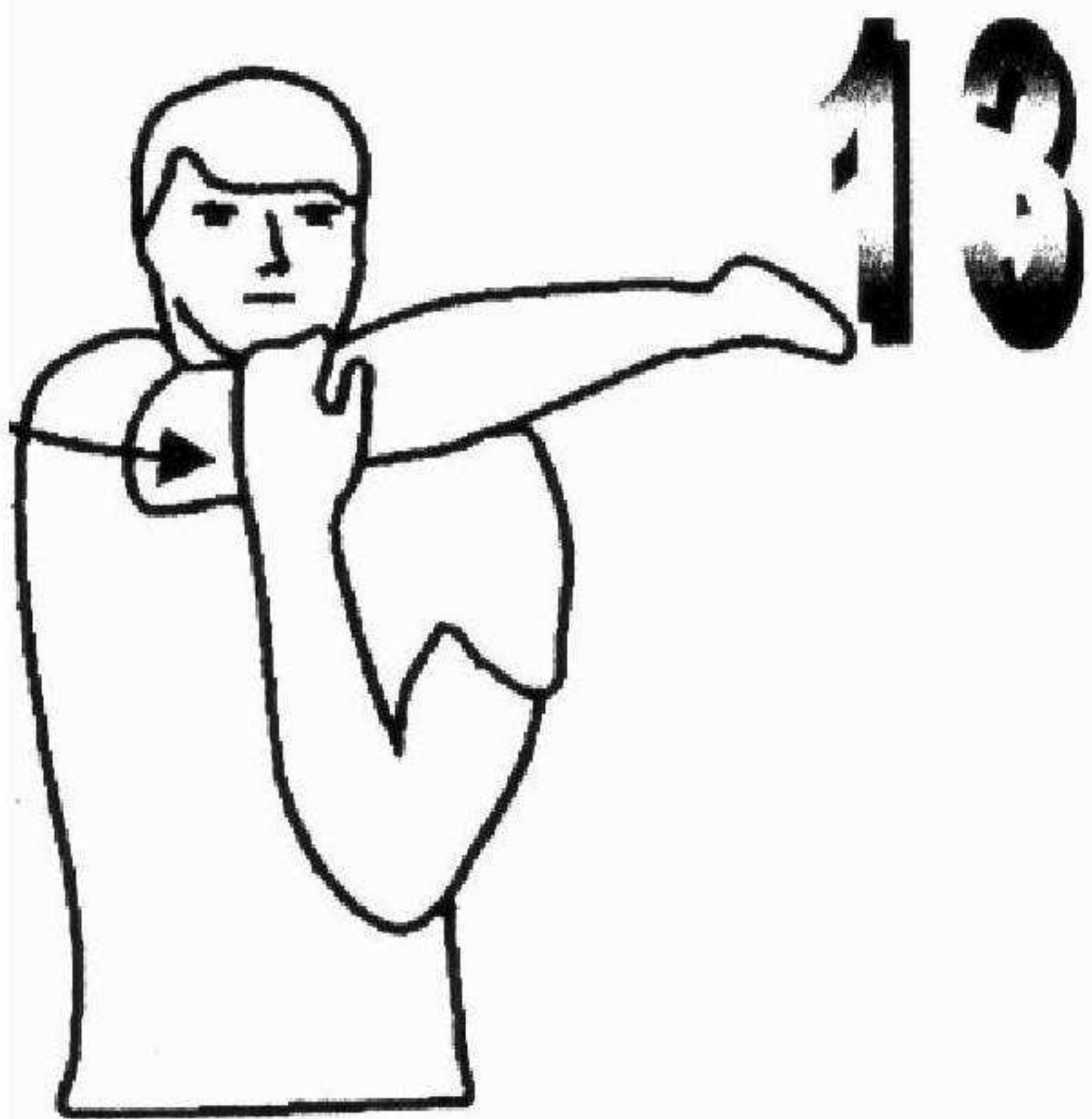
cou



cou



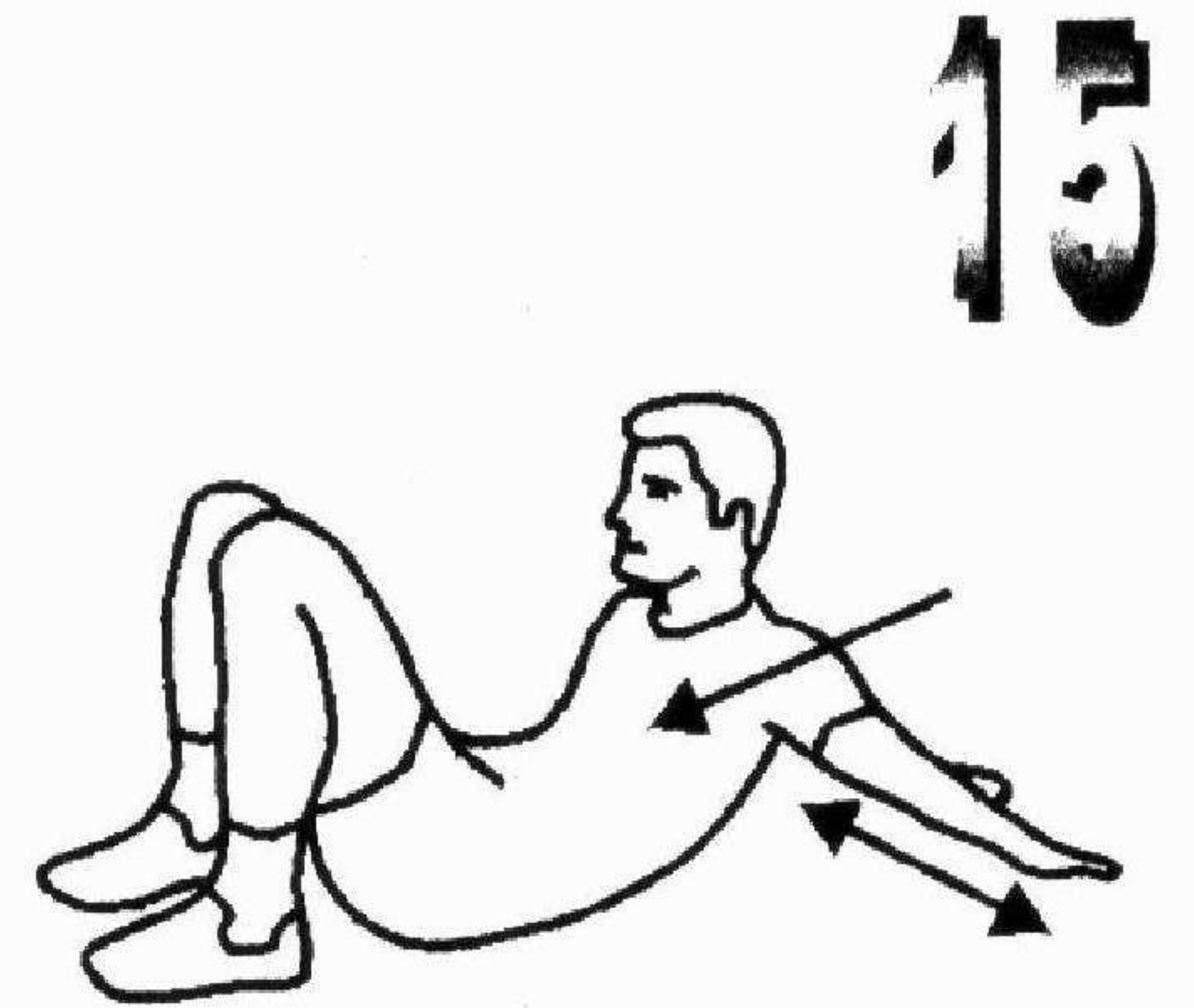
Triceps



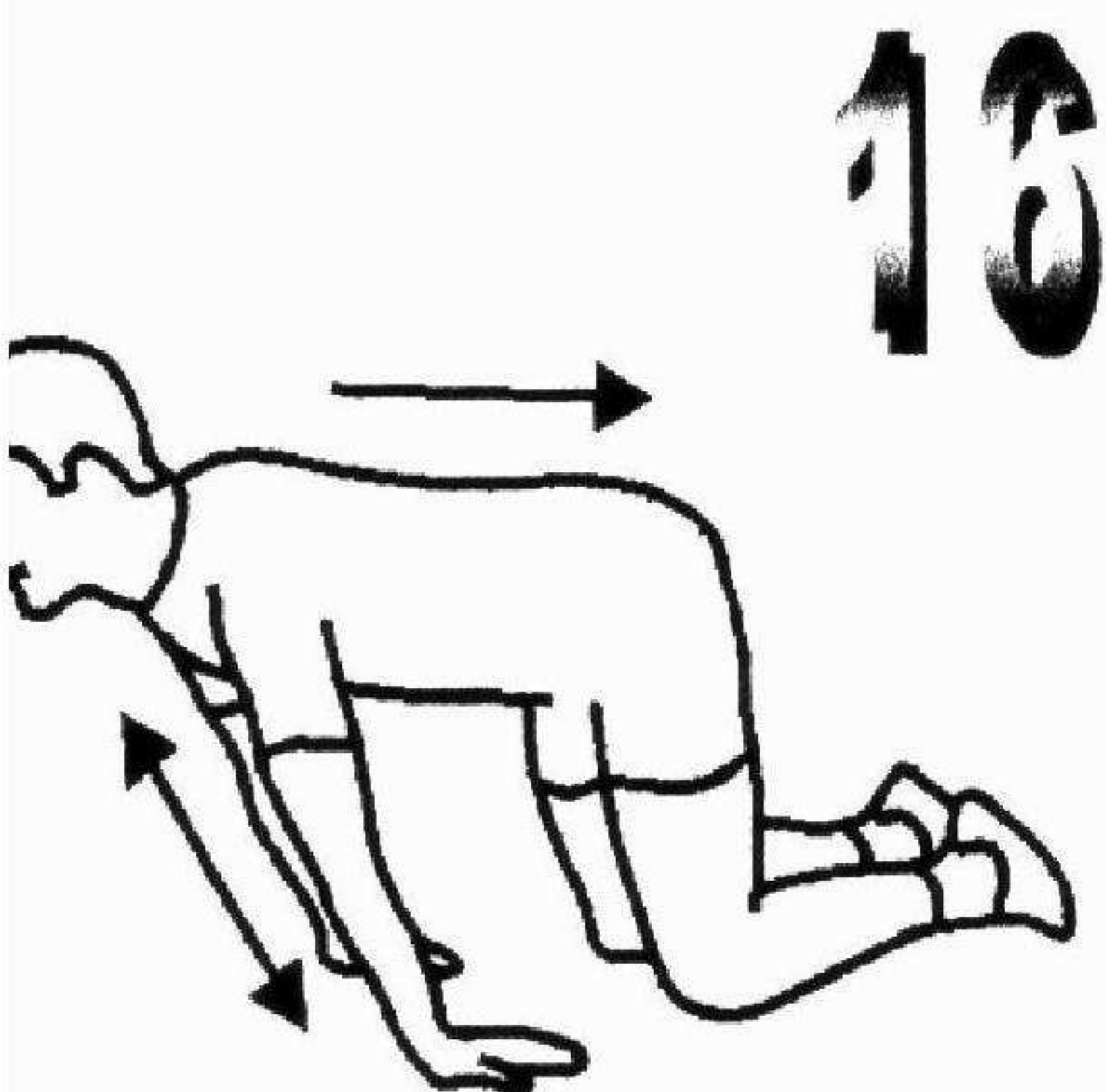
Trapèzes



Pectoraux-épaules



Biceps



Fléchisseurs (mains)



Rhomboïdes



Obliques-dos