

15 exercices avec haltères en circuit-training

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1

Biceps
Curl assis



2

Cuisses
Squat



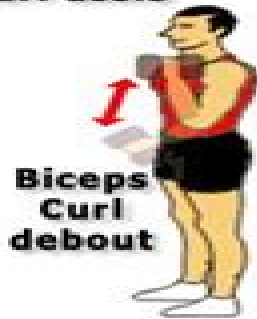
3

Épaules
Développé



4

Dos
Rameur



Biceps
Curl
debout

7



Triceps
Extension
assis

6



5

Pectoraux
Bras écartés

8



Fessiers
Fente avant



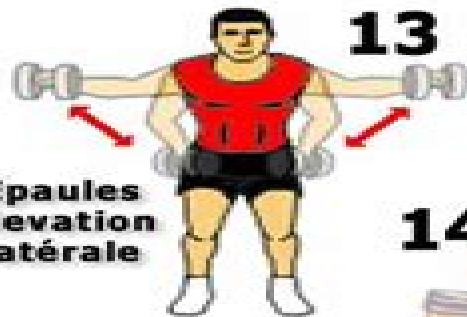
9

Dos
Tirage un bras



10

Épaules
Élévation
frontale



13

Épaules
Élévation
latérale



12

Pectoraux
Bras serrés



11

Triceps
Kick Back



14

Pectoraux
Pull over

15



Dos
Butterfly inversé

Musculation Programmes Et Exercices

A Gutmann



Musculation Programmes Et Exercices:

Programmes de musculation Stéphane Cascua, Raphaël Fèvre, 2006 La musculation peut être pratiquée pour atteindre différents objectifs entretenir sa condition physique se modeler une silhouette gaubée prévenir les problèmes de dos prendre de la masse développer sa force et sa puissance améliorer son explosivité se préparer un sport Un entraînement efficace et adapté nécessite pour cela des programmes spécifiques les exercices les charges le nombre de séries et de répétitions varient en effet en fonction du résultat que vous souhaitez atteindre Dans ce guide rassemblement pratique les auteurs médiateurs du sport et préparateur physique vous expliquent simplement les principes fondamentaux de la musculation et vous proposent sous forme de fiches plusieurs programmes clés en main qui correspondent à vos besoins En début d'ouvrage un sommaire illustre vous rappelle l'ensemble des exercices de musculation classés par groupes musculaires que vous utiliserez dans les séances développées par la suite

Workout : Perfectionnez votre entraînement Nick Tumminello, 2021-02-15 Chaque entraînement a pour objectif de maximiser les résultats sportifs Cet ouvrage l'approche unique et collaborative vise à améliorer votre entraînement 243 exercices et 71 programmes y sont proposés pour développer votre forme physique optimiser vos performances ou perdre de la graisse quel que soit votre niveau Vous apprendrez Pourquoi certains exercices sont préférables à d'autres La différenciation hommes femmes de l'entraînement Les exercices viter et les principes prouvés suivre Les combinaisons et séquences pour maximiser vos résultats Chaque programme est prêt à l'emploi et personnalisable pour vous aider à atteindre vos objectifs VITEZ LES ERREURS POUR MIEUX ATTEINDRE VOS OBJECTIFS Nick Tumminello est surnommé par ses pairs le coach des coaches Il est la tête de Performance University International qui propose des cours de musculation et de préparation physique pour les athlètes ainsi que des programmes éducatifs pour les entraîneurs du monde entier

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Edition, 2020-01-22 Quand on est un bodybuilder de haut niveau ou juste un passionné de la musculation on est obligé de tout planifier pour que notre progression soit accrue et dans un sens montant Et pour y parvenir on a assez besoin de planifier ses séances d'entraînement et enregistrer ses performances et analyser la vitesse de développement de muscles voilà pourquoi je vous conseille Ce CARNET DE MUSCULATION pour bien organiser votre vie sportive et laisser une trace écrite tout vos

exercices sances changements et Ce CARNET D ENTRA NEMENT est tellement pratique pour mesurer sa Progression pour une p riode d un an avec 190 Pages 12 pages pour le planning d entra nement mensuel une page pou chaque mois Une page pour chaque mois pour marquer les actuelles mesures et les objectif r aliser en fin de mois 144 pages pr format es pour enregistrer les s ries d exercices de cardio et de la musculation dans lesquelles vous pouvez noter Les objectif Les chauffage Les s ries Les r p titions les charges de travail Le temps de repos etc Programmes Planning d Exercices pour une ann es 190 Pages pr format es **Techniques & culture** ,2002

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