

# Dorsaux & Autres

## 4 Circuits (Lombaires, Biceps, Abdos, Cardio)

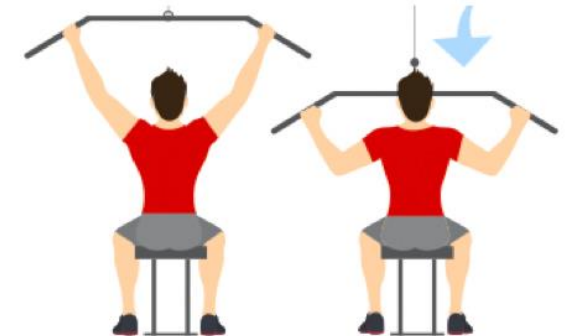
1 Tractions



2 Rowings



3 Tirage Vertical



4 Tirage Bucheron



5 Extension Lombaires



**Dorsaux  
Lombaires**

11



17



15b



13



14



16



12



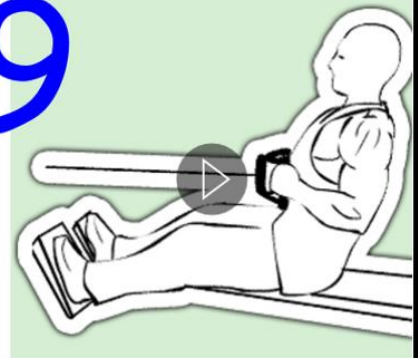
18



15a



19

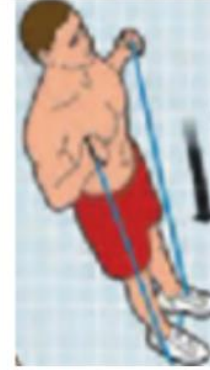


**Dorsaux**  
**Biceps**

11



31



14



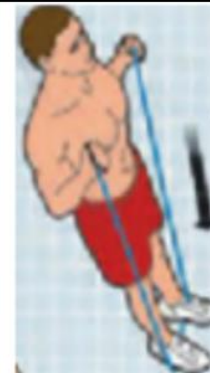
32



13



31



15a



32



12



31



15b



# Dorsaux Abdos (24 exos)

41 x2 	11 	43 	17 	45 
12 	51 	13 	18 	14 
47 	16 	44 	15b 	49 x2 
48 	50 x2 	15a 	42 	19 

# Dorsaux Cardio (19 exos)

