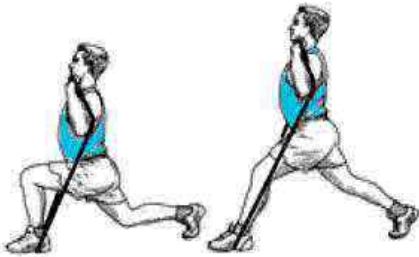
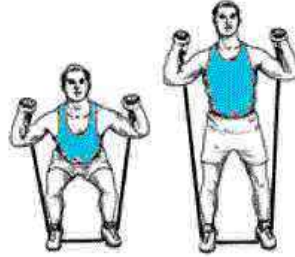


Exercices de musculation avec élastique de fitness

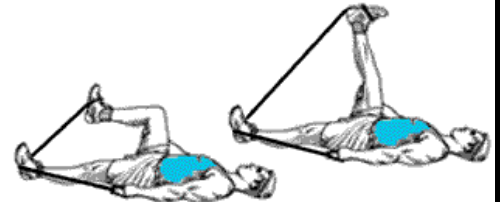
Cuisses Fessiers



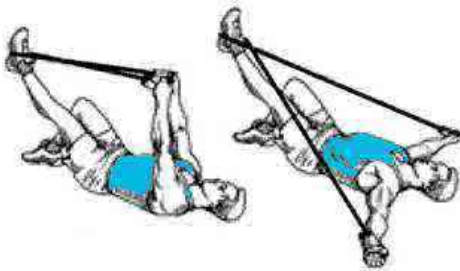
Cuisses Fessiers



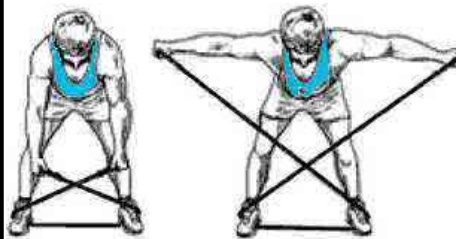
Cuisses Fessiers



Dos



Dos



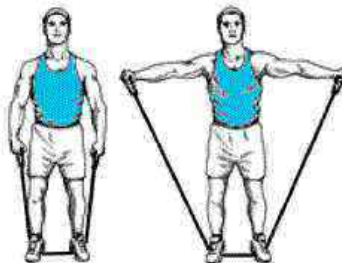
Dos



Épaules



Épaules



Biceps



Programme Musculaton

sur Entrainement-sportif.fr

- Haltères
- Elastique de fitness
- Ballon de gym Swiss Ball
- Tonicité sans matériel en circuit-training
- Cardio-training et Musculaton
- Course à pied et Musculaton
- Abdominaux
- Fessiers
- Pectoraux
- Ventre plat
- Explosivité sans matériel
- Prise de masse
- Footing - Musculaton pour maigrir
- Boxe
- Tennis