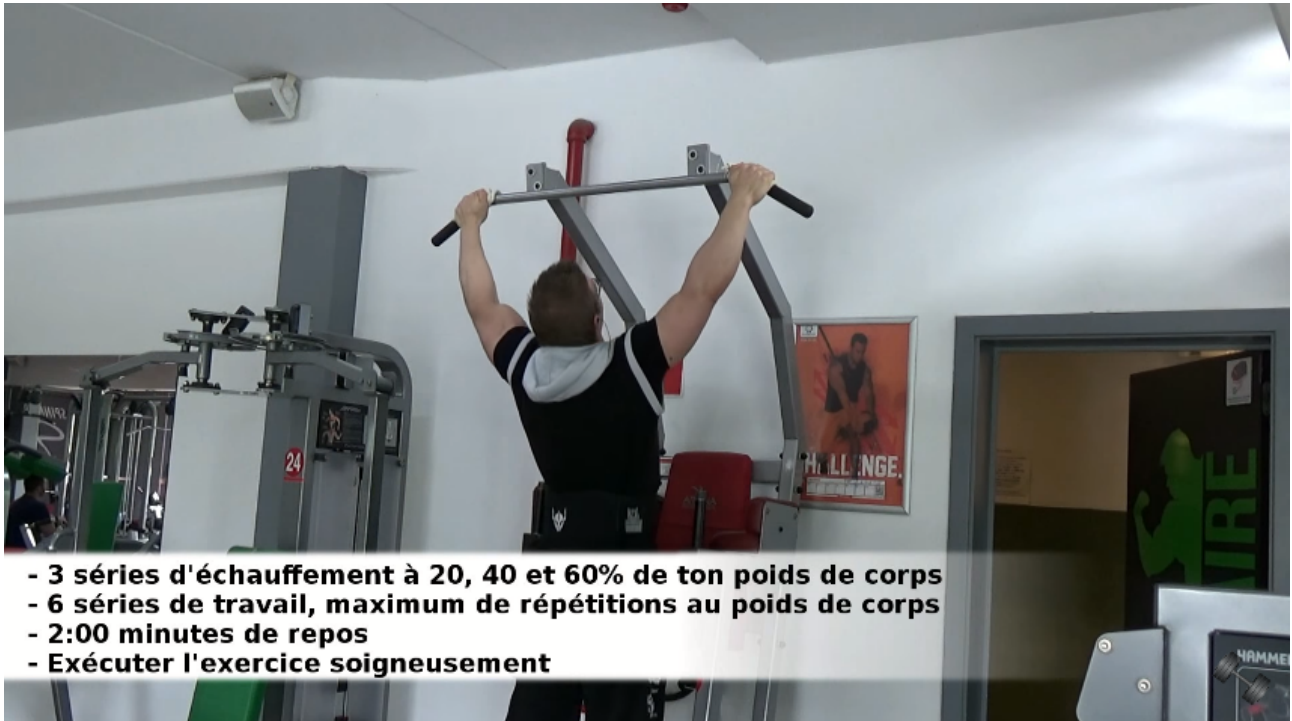
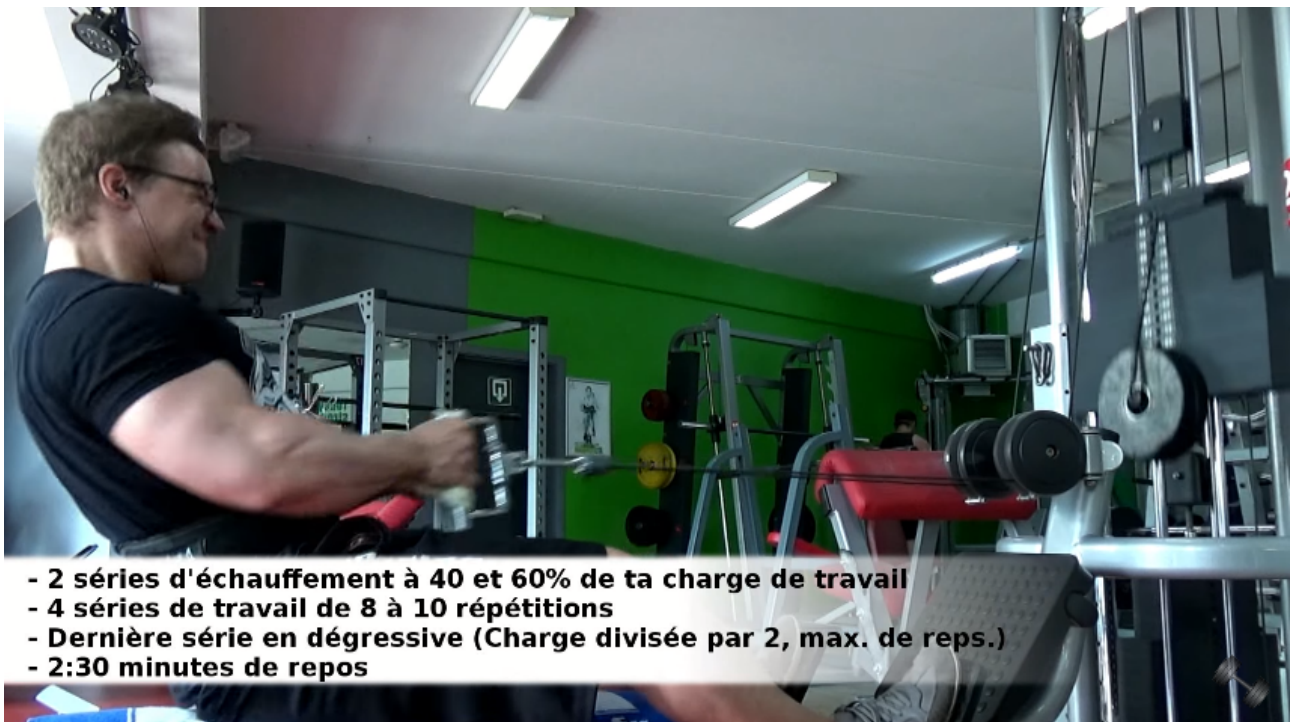


ANNIHILATION DORSAUX

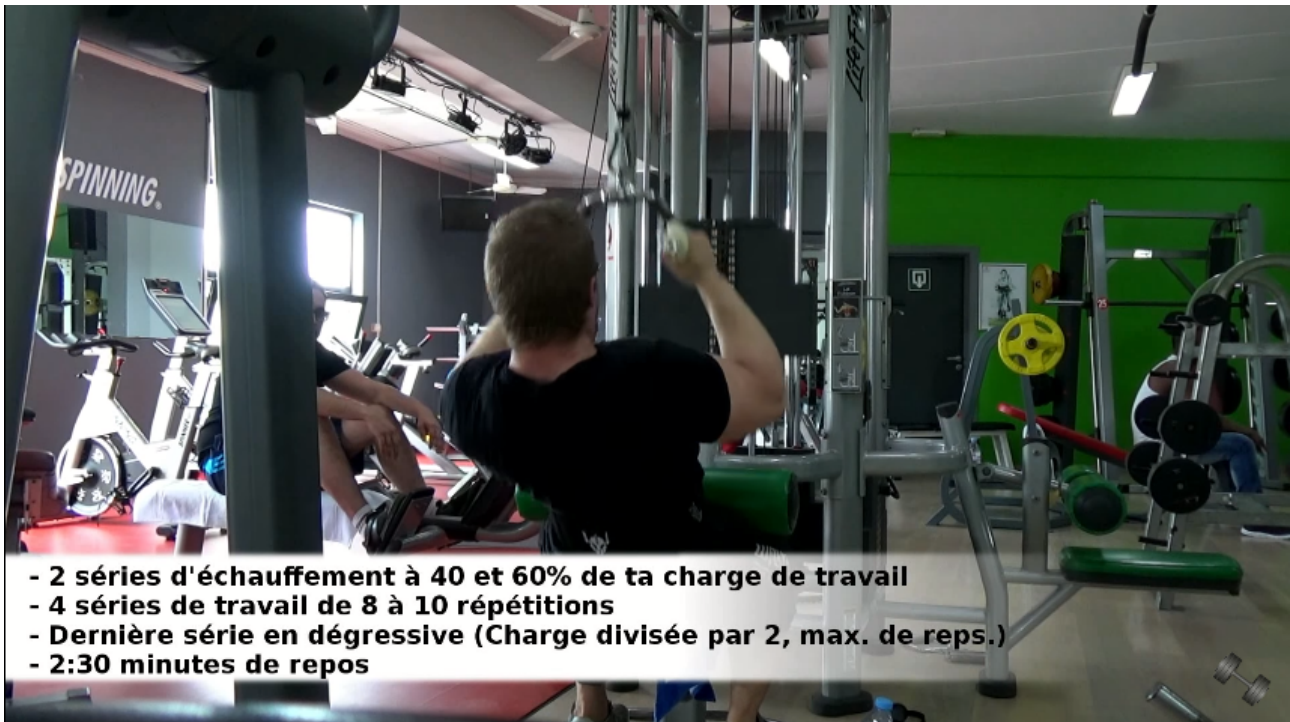
1. Tractions pronation prise large



2. Tirage horizontal (poulie basse)



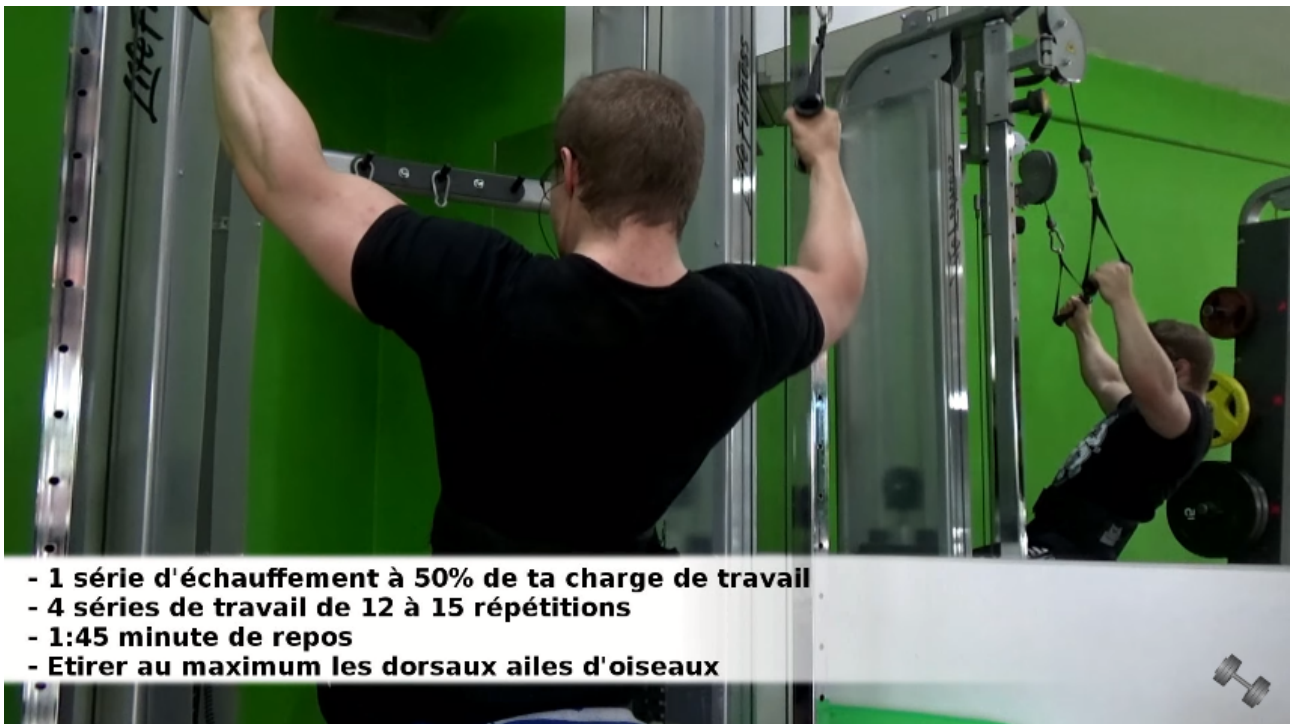
3. Tirage poitrine



4. Tirage à un bras (haltère)



5. Tirage vertical alterné (un bras puis l'autre)



6. Pull over pronation

