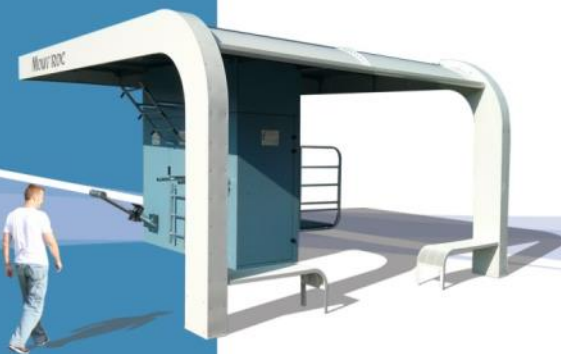


# MOUV'ROC

## Exercices



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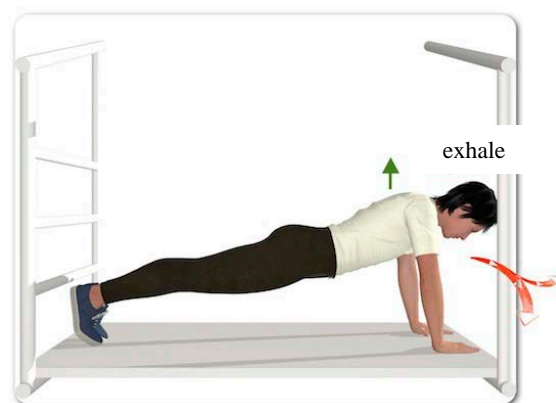
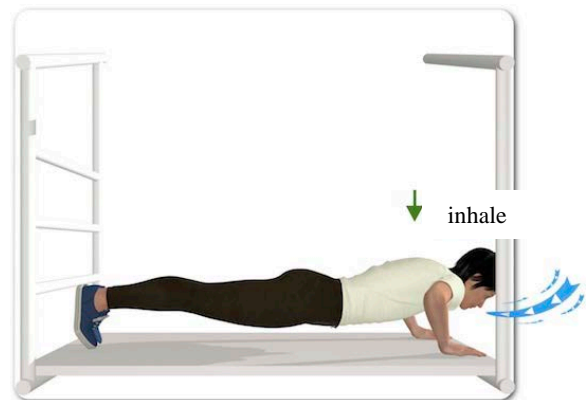
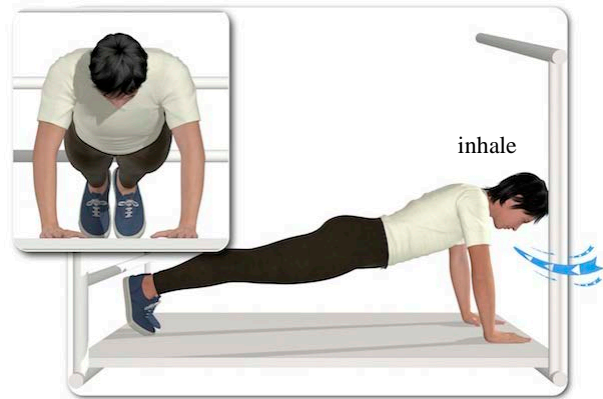
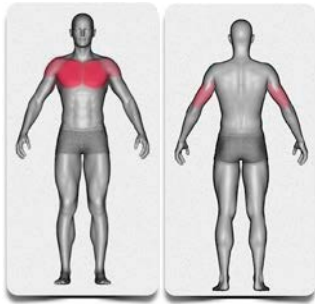
# The bench



# The bench

## Push-ups

Pectorals & triceps



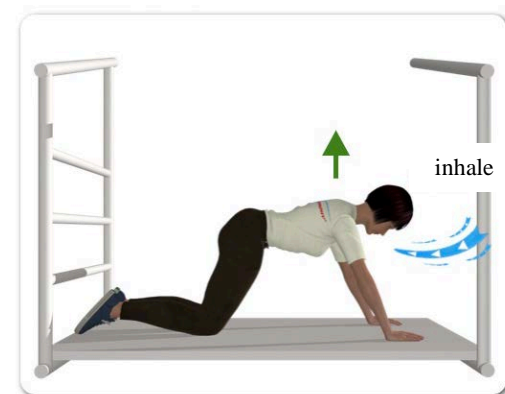
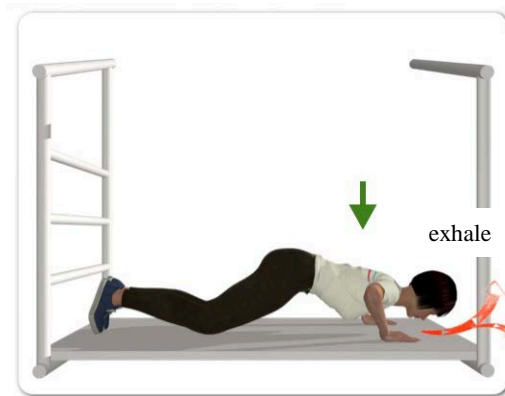
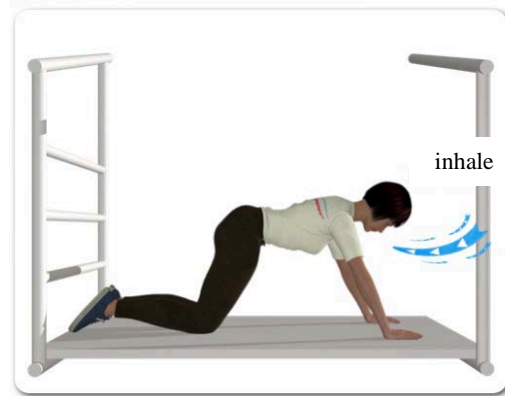
# The bench

Helped push-ups

Pectorals & triceps



Difficulty level : *easy*



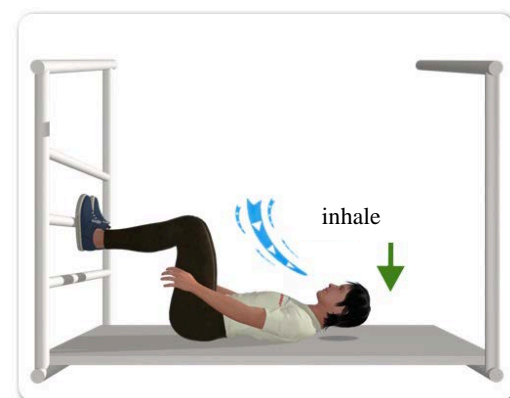
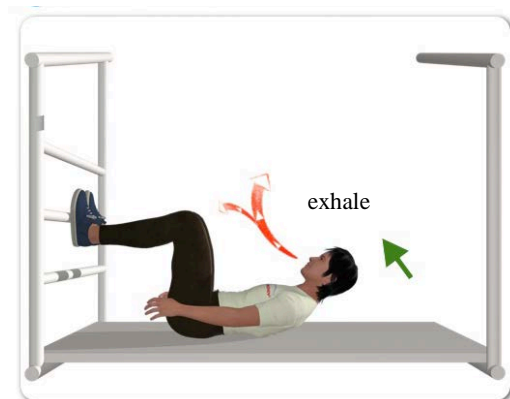
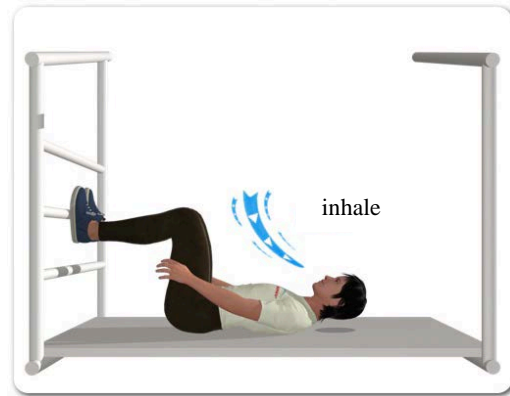
# The bench

## Crunch

Abdominal muscles top



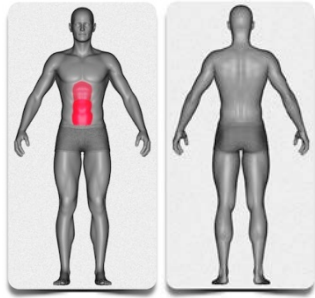
Difficulty level : medium



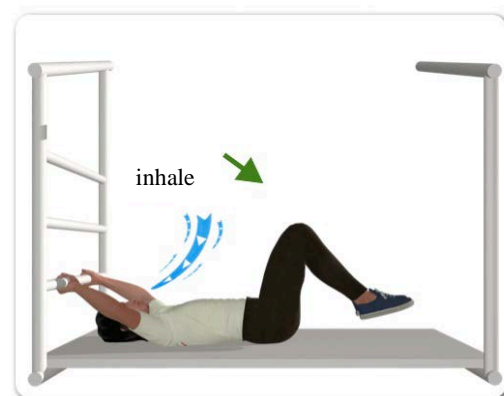
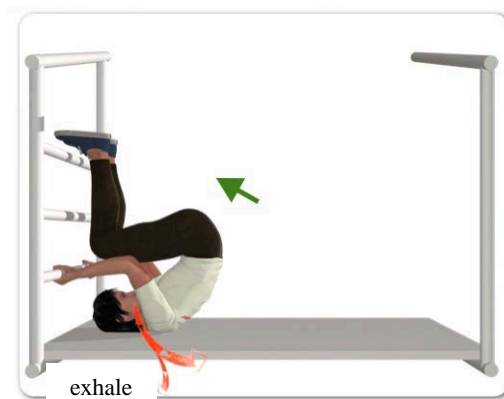
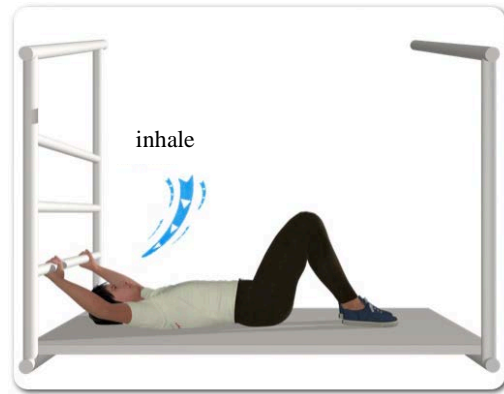
# The bench

Up-and-under

Abdominal muscles bottom



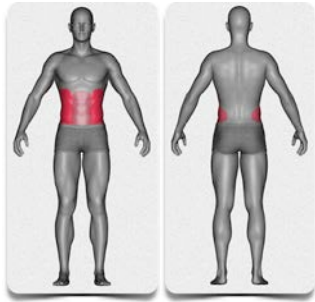
Difficulty level : **medium**



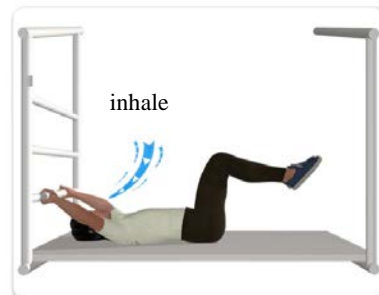
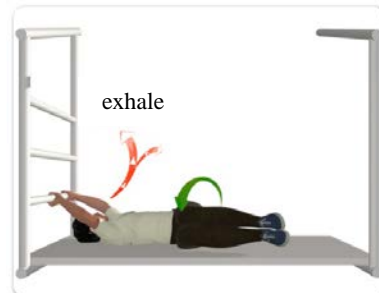
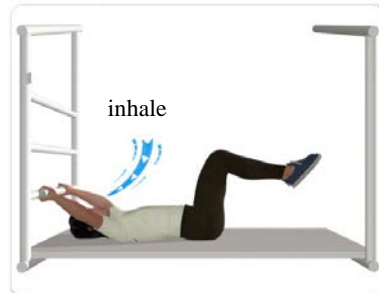
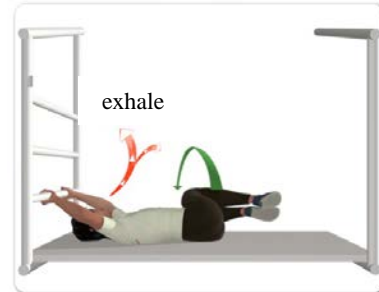
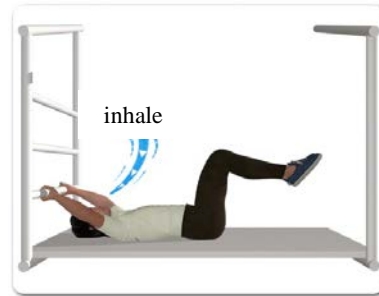
# The bench

Twist

Oblique abdominal muscles



Difficulty level : high



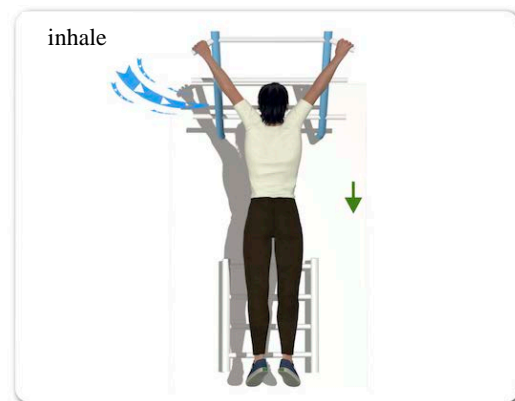
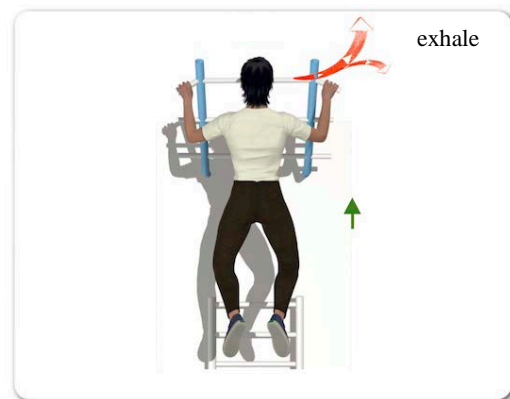
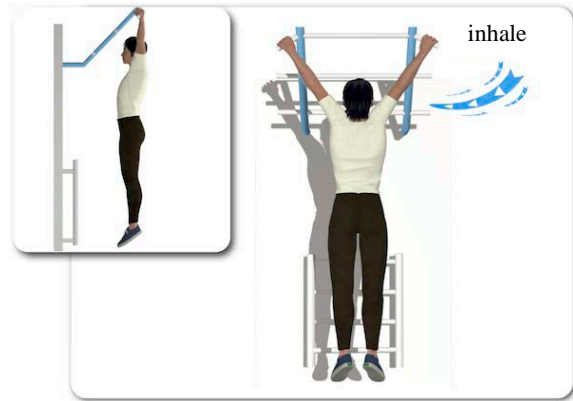
# The traction bar



# The traction bar

Simple traction

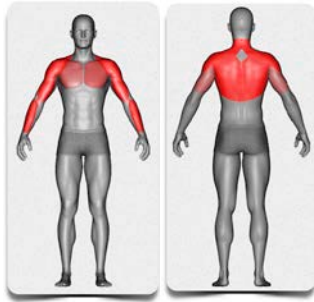
Dorsals & arms/forearms



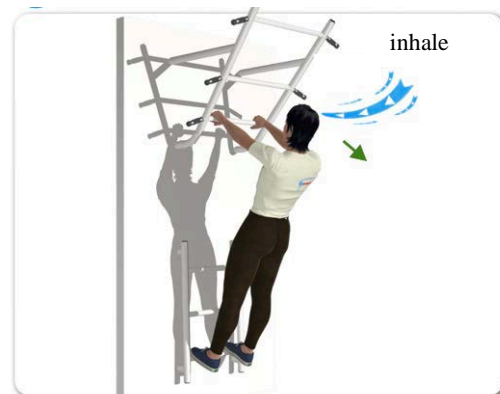
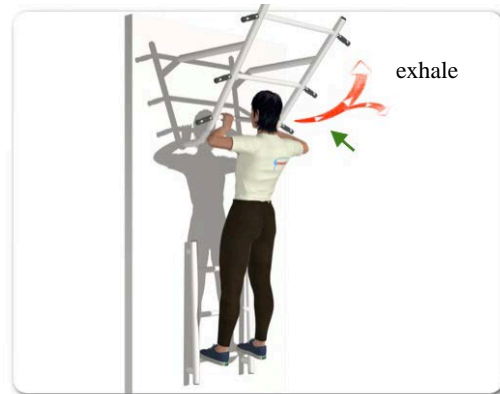
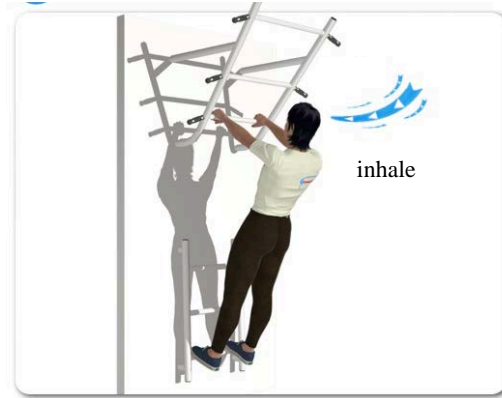
# The traction bar

Helped traction

Top of the back/shoulders-arms



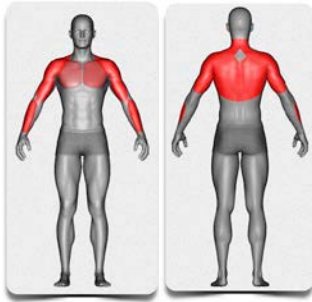
Difficulty level : easy



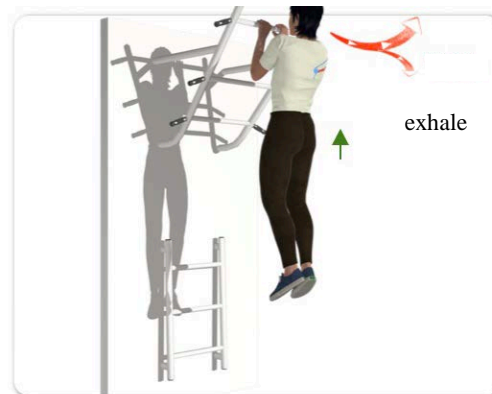
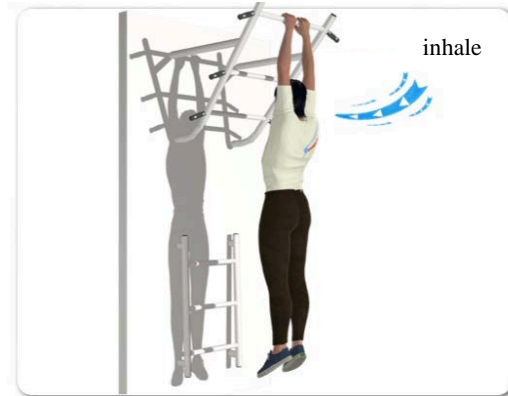
# The traction bar

Pronation traction

Back-shoulders-arms



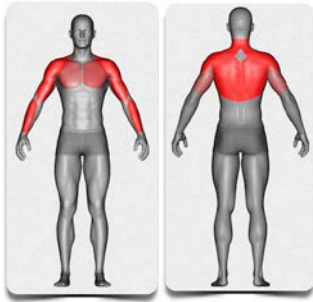
Difficulty level : high



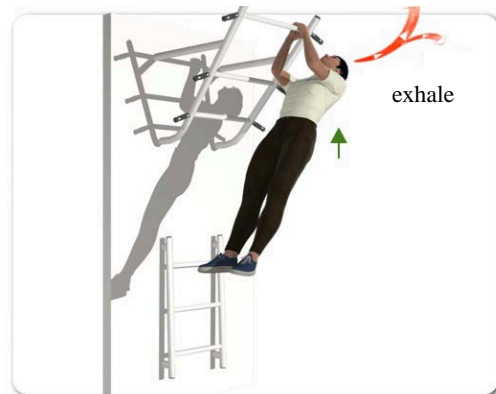
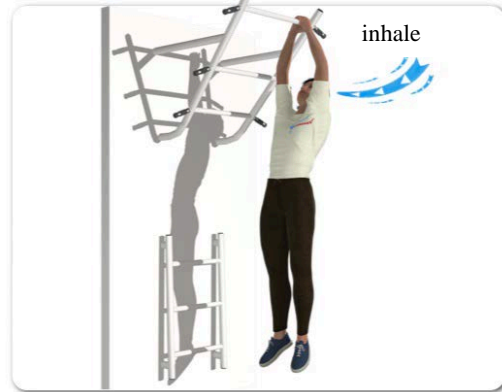
# The traction bar

## Lateral traction

Top of the back/shoulders-arms



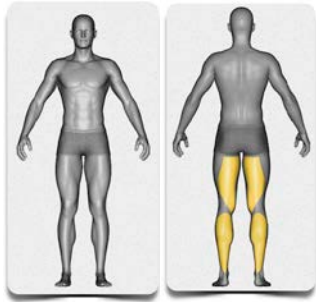
Difficulty level : high



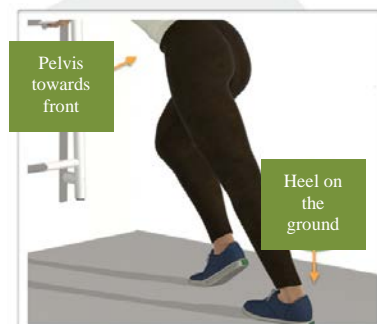
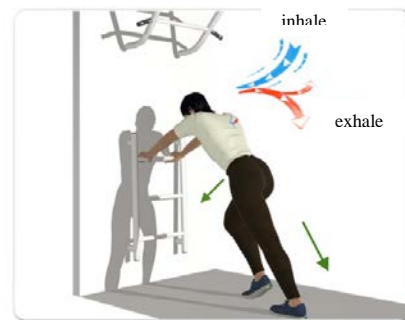
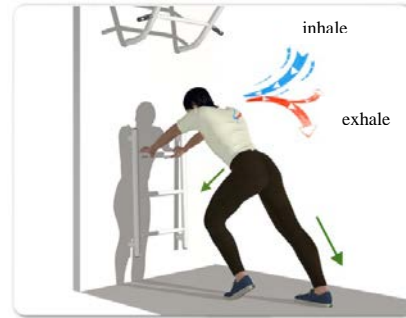
# The traction bar

## Stretching

Back side – legs - calves



Difficulty level : easy



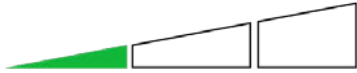
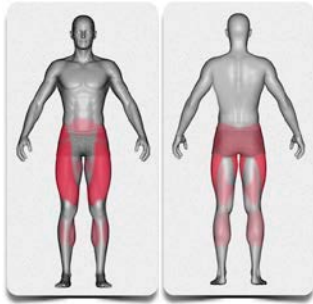
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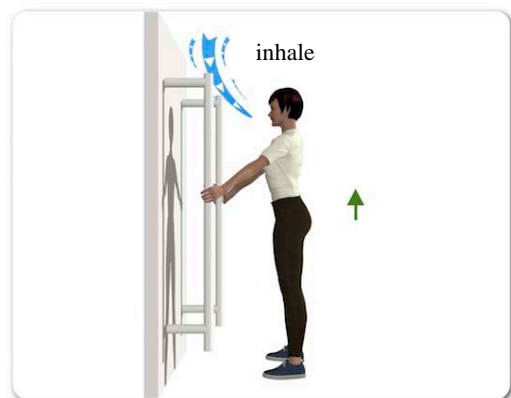
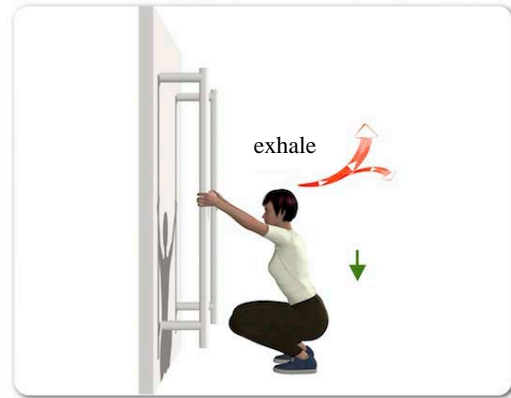
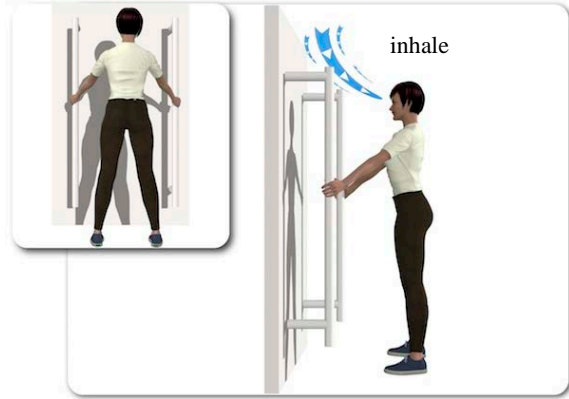
# The vertical bars

Thigh building

Quadriceps



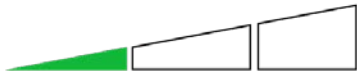
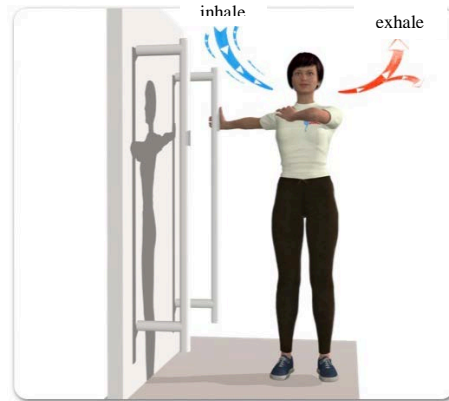
Difficulty level : easy



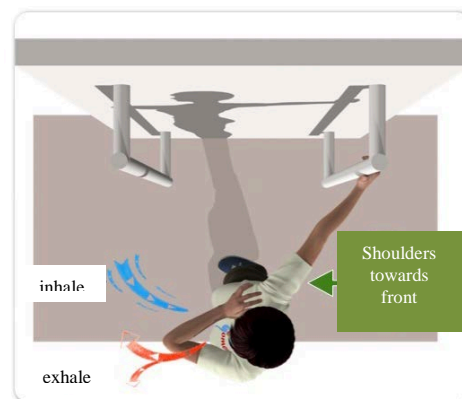
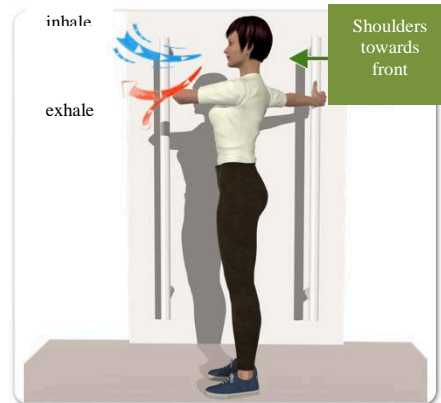
# The vertical bars

## Stretching

### Shoulders



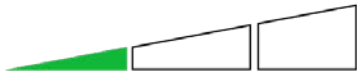
Difficulty level : **easy**



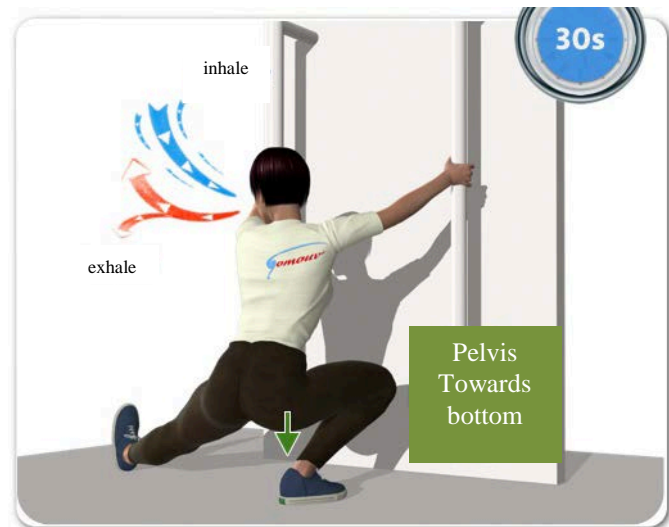
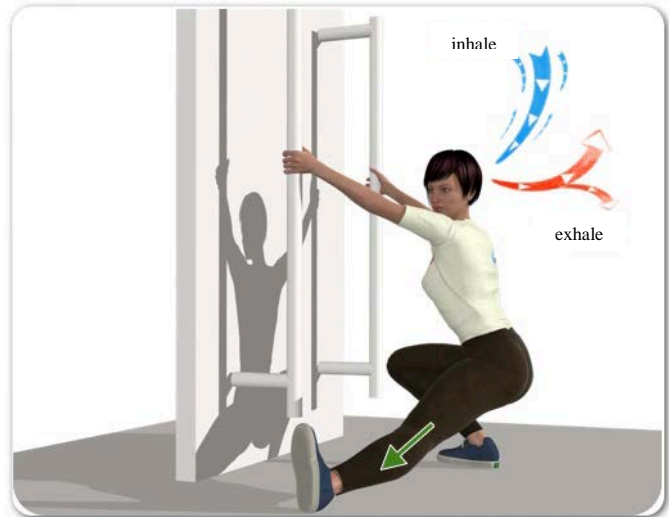
# The vertical bars

## Stretching

### Protractors



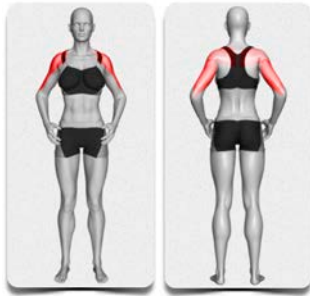
Difficulty level : *easy*



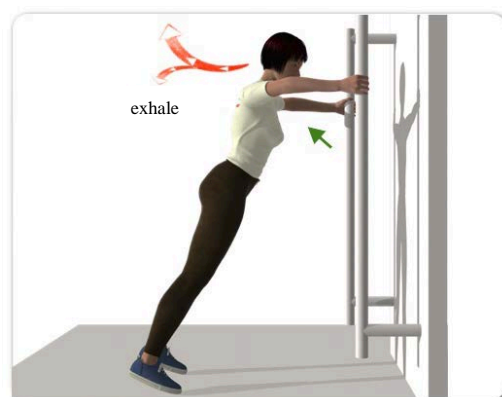
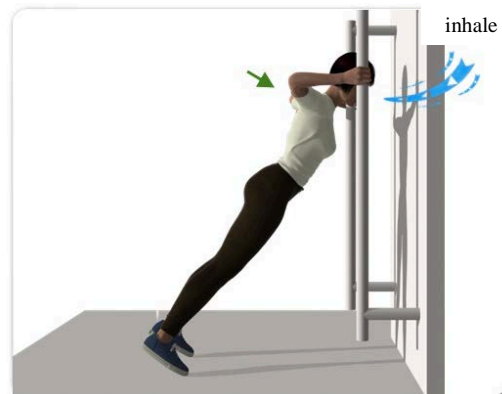
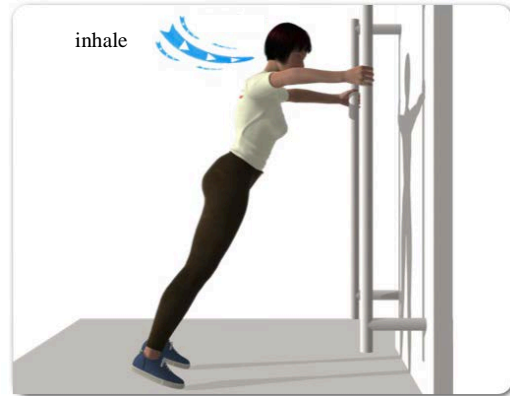
# The vertical bars

## Inclined push-up

Triceps - Pectorals



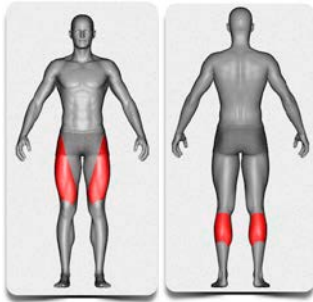
Difficulty level : easy



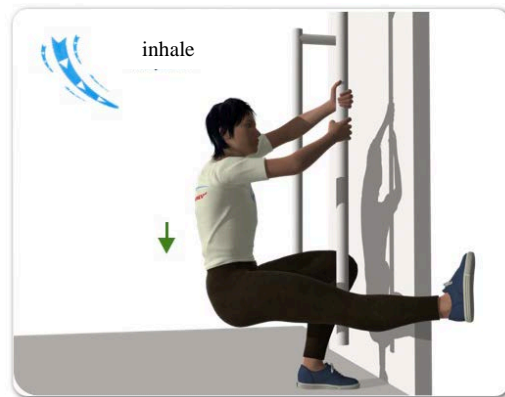
# The vertical bars

leg flexion

Quadriceps - Calves



Difficulty level : high



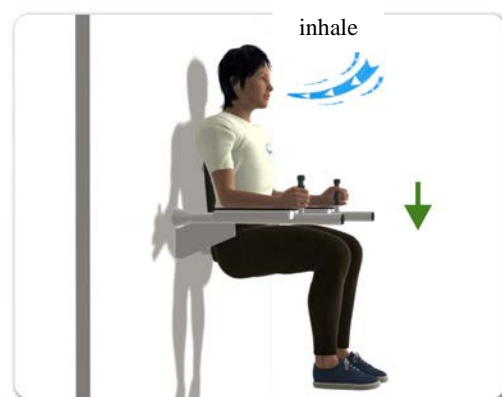
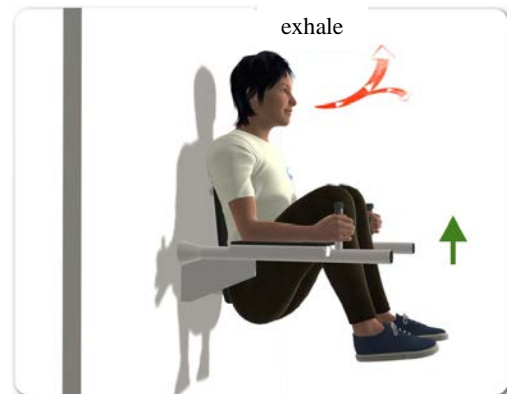
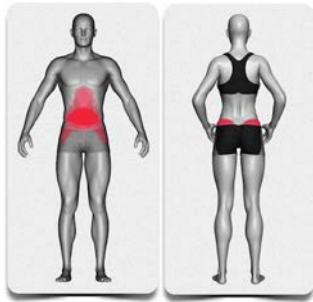
# The roman chair



# The roman chair

## Straight raising

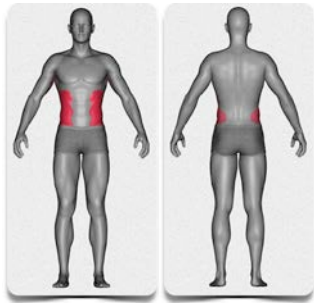
Deep abdominal muscles



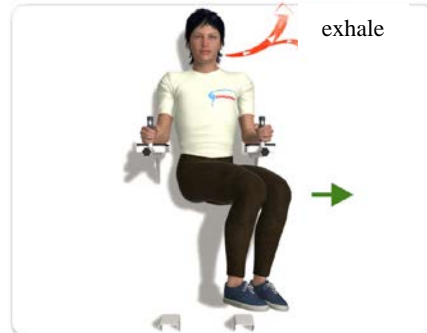
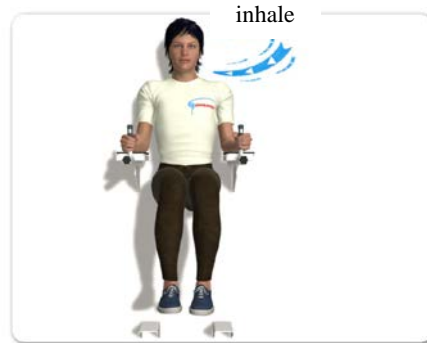
# The roman chair

## Seated twist

Oblique abdominal muscles



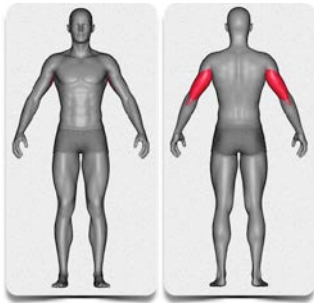
Difficulty level : high



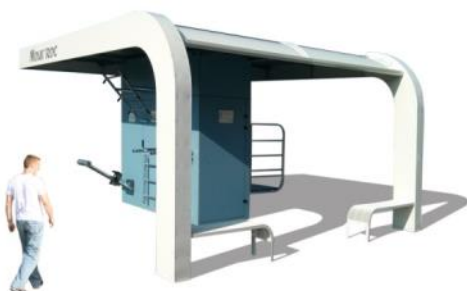
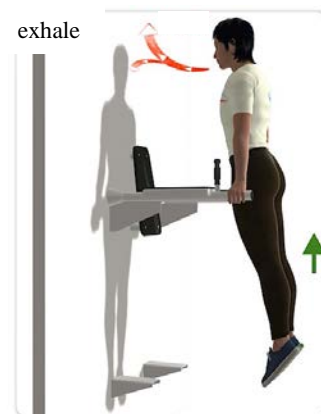
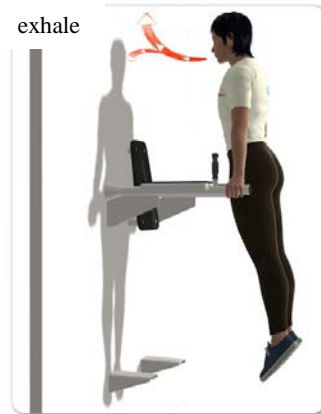
# The roman chair

Dips

Triceps



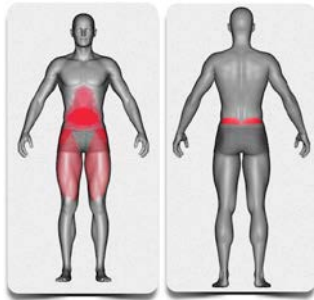
Difficulty level : high



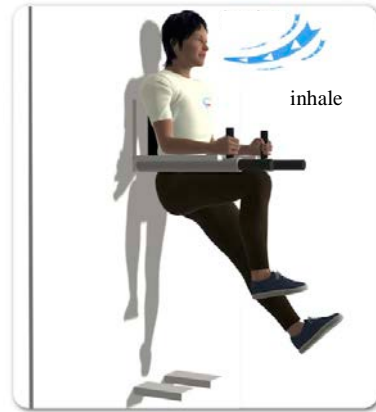
# The roman chair

## Alternate raising

Deep abdominal muscles



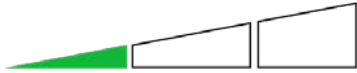
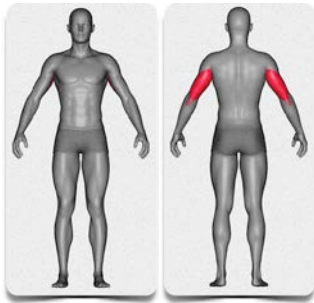
Difficulty level : easy



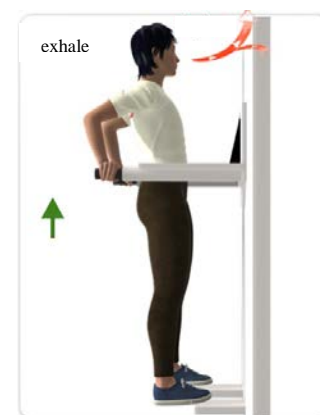
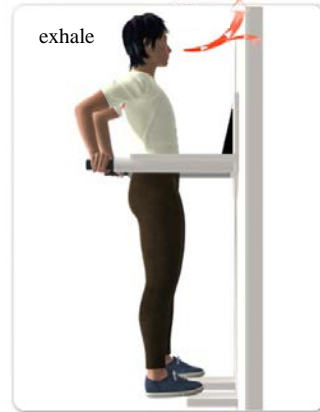
# The roman chair

Helped dips

Triceps



Difficulty level : *easy*



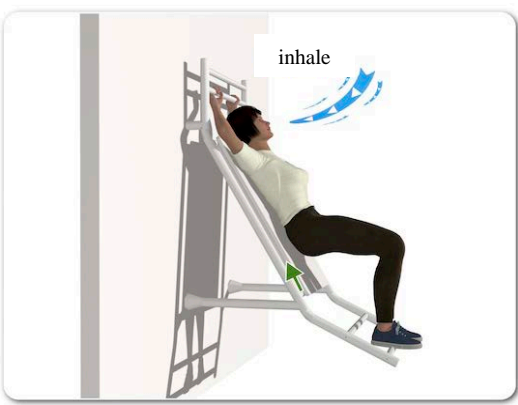
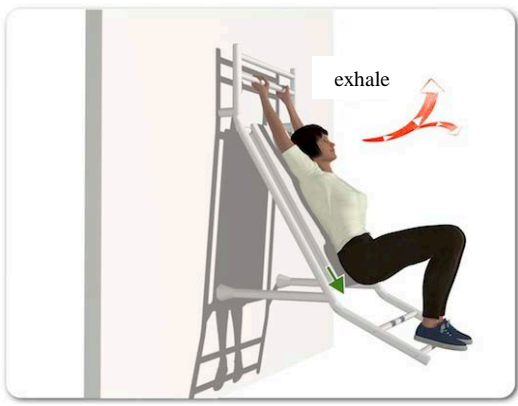
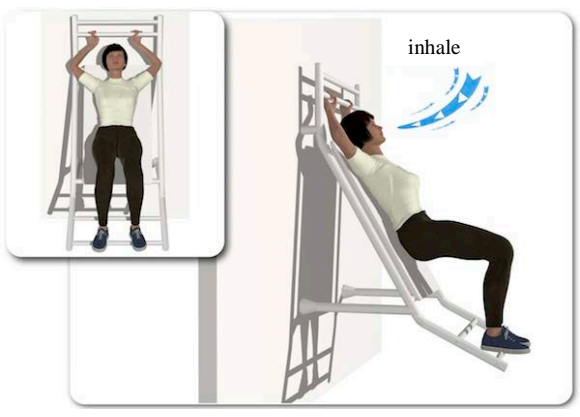
# The ramp



# The ramp

## Stretching

Back



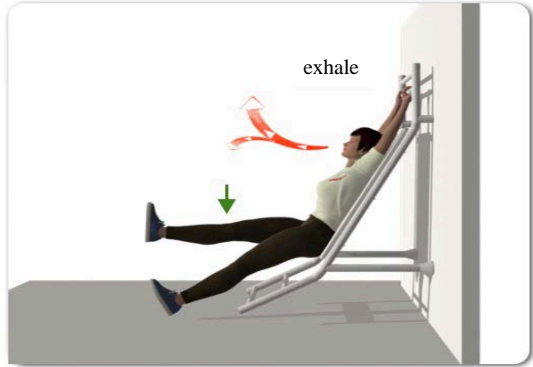
# The ramp

## Inclined scissors

Abdominal muscles



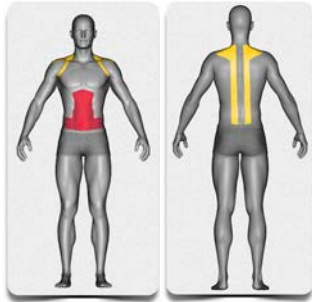
Difficulty level : **medium**



# The ramp

Inclined flexion

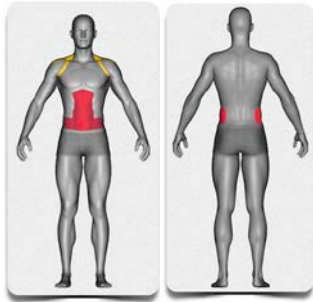
Abdominal muscles



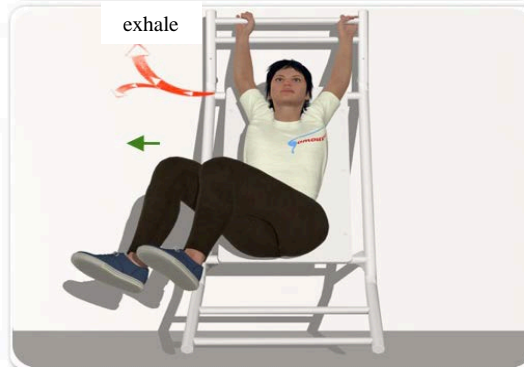
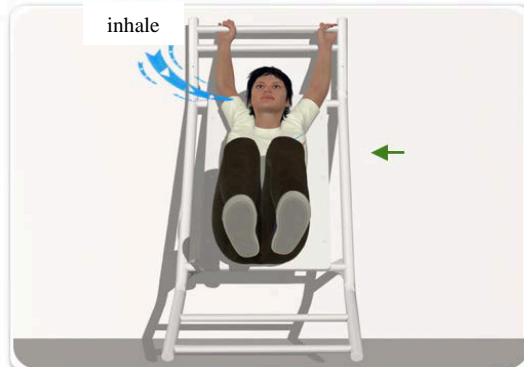
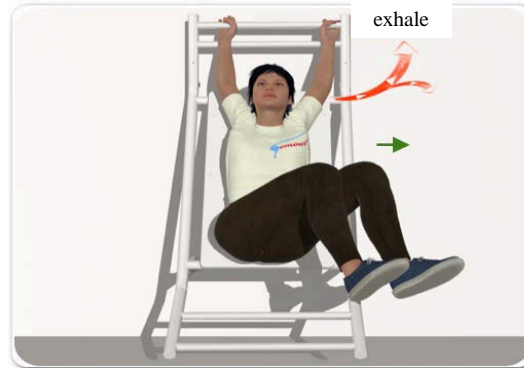
# The ramp

## Oblique rotation

Oblique abdominal muscles



Difficulty level : high



# The roller



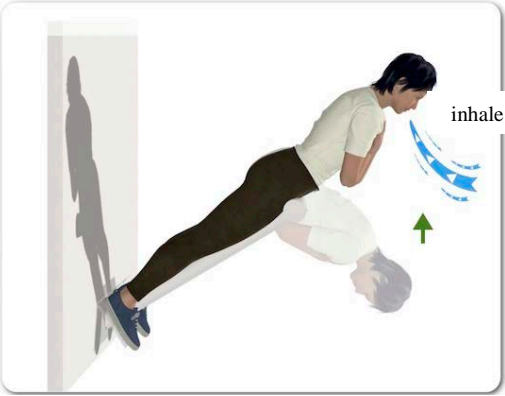
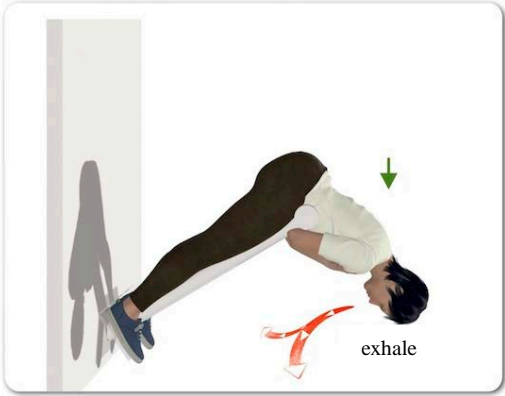
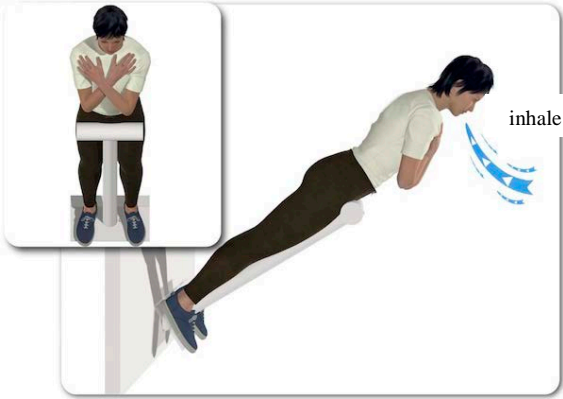
# The roller

## Reinforcement

### Lumbar muscles



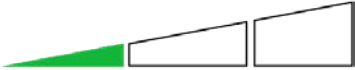
Difficulty level : **medium**



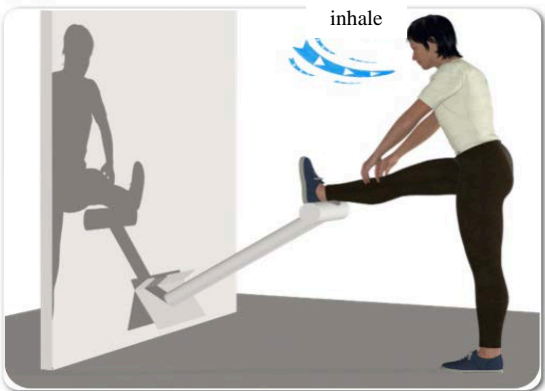
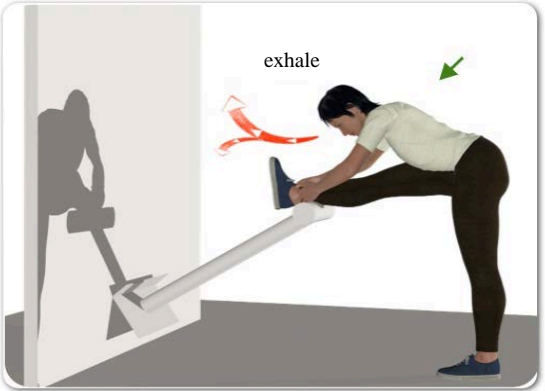
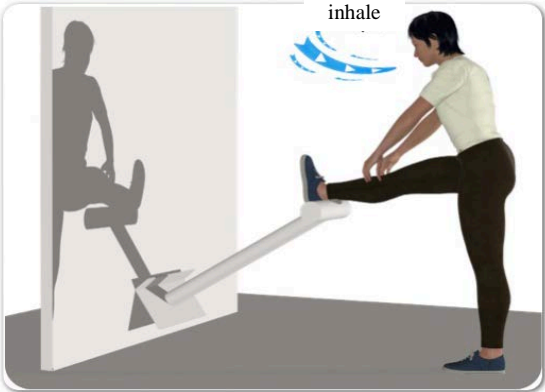
# The roller

## Stretching

Back side of the legs



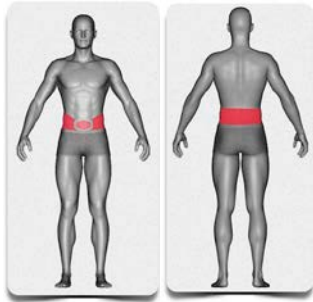
Difficulty level : *easy*



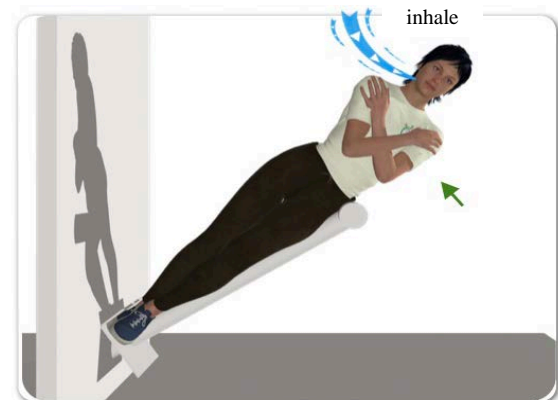
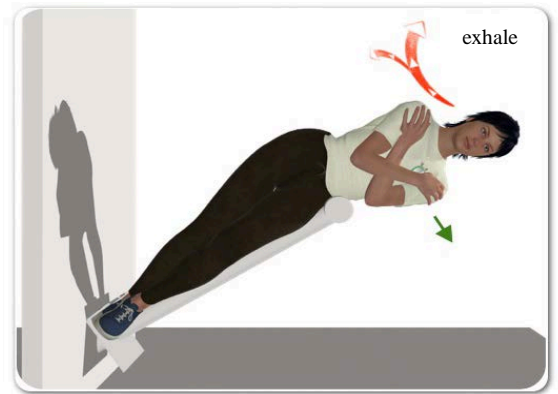
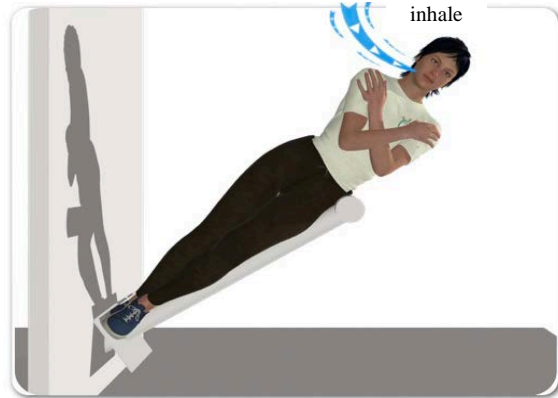
# The roller

## Bodybuilding

Obliques & lumbar muscles



Difficulty level : high



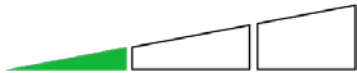
# The cleats



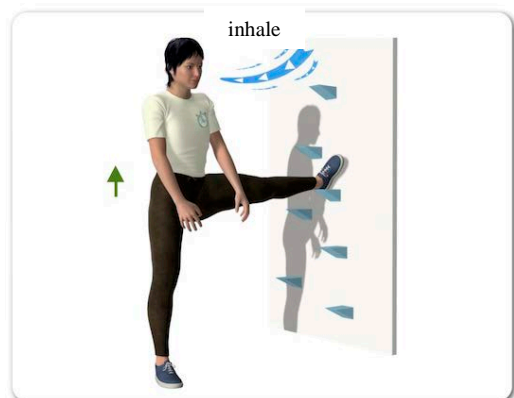
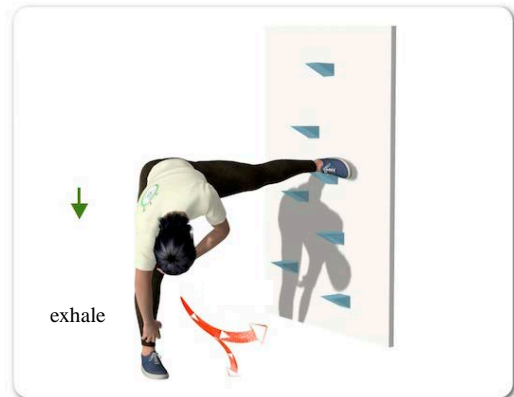
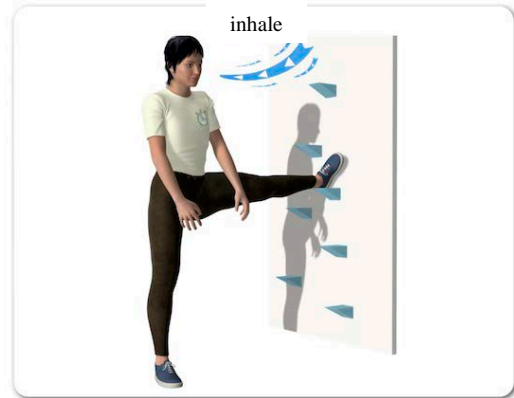
# The cleats

## Stretching

Back & front side - legs



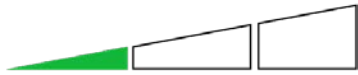
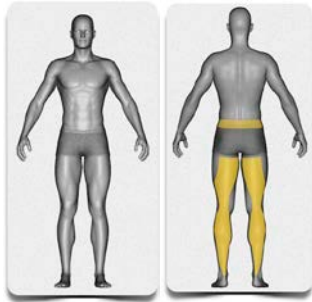
Difficulty level : **easy**



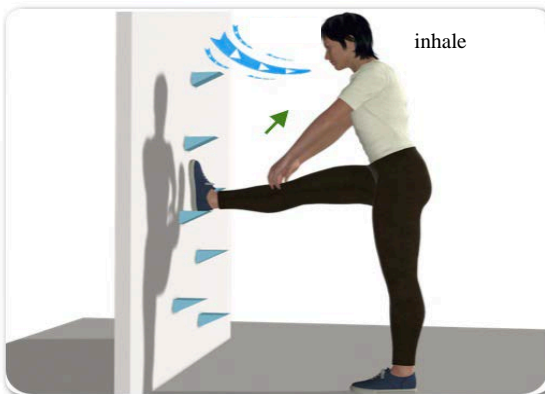
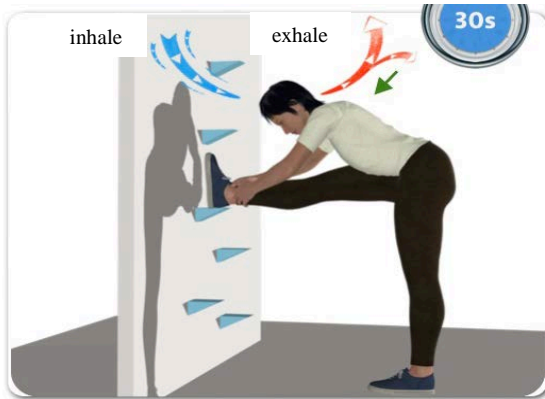
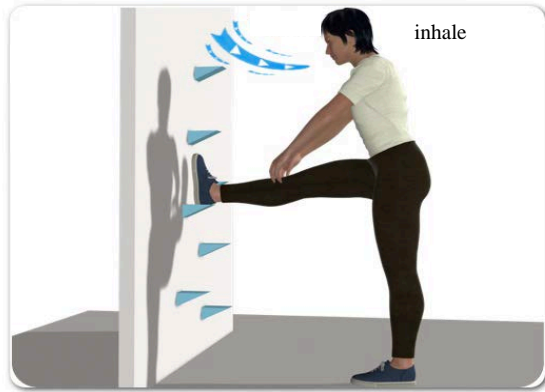
# The cleats

## Stretching

Back side - legs



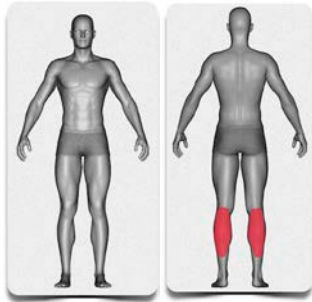
Difficulty level : *easy*



# The cleats

Contracted - loose

## Calves



Difficulty level : *easy*

