



Triceps Press



Abdomina



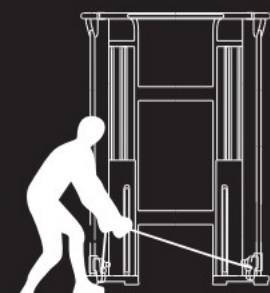
Trunk Curl



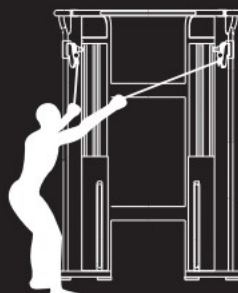
Back Extension



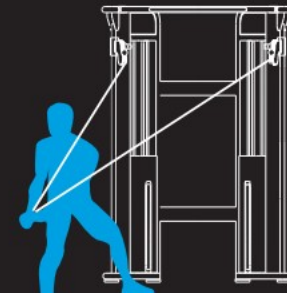
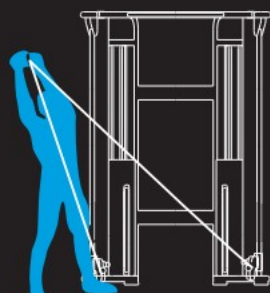
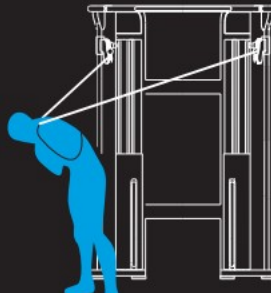
Trunk Rotation



Upward Trunk Rotation



Downward Trunk Rotation



Trunk Rotation Side Step



Hip Adduction



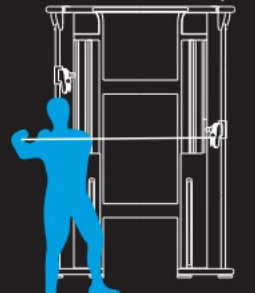
Hip Abduction



Hip Adduction Knee Raise



Hip Abduction Side Step



# Dual Adjustable Pulley



Flexion des biceps



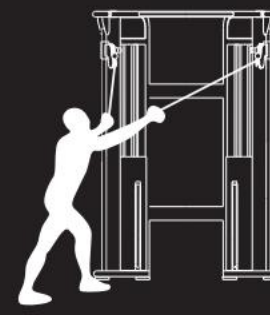
Menton



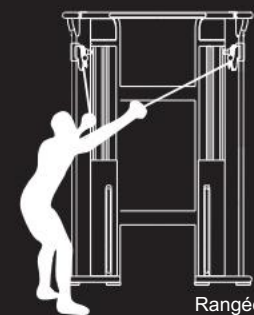
Presse pectorale



Presse à épaules



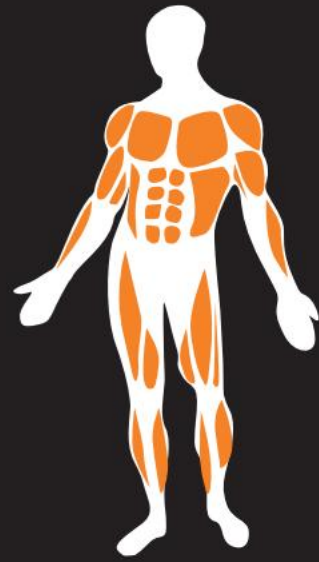
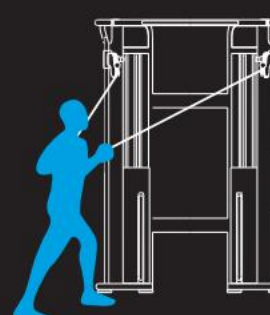
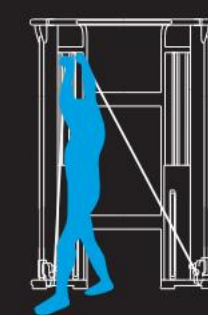
Rangée haute



Rangée haute Fente



Presse pectorale Fente



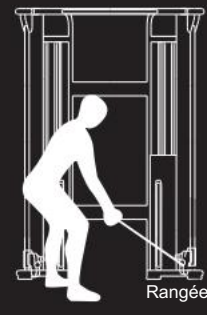
Presse à épaules Squatter



Squatter



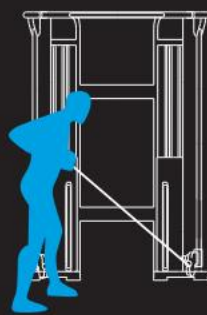
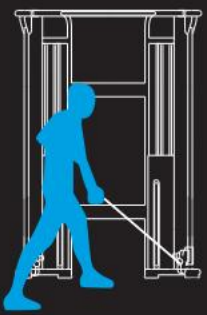
Fente Relevage du genou



Rangée basse Fente



Rangée basse



Poulie double réglable