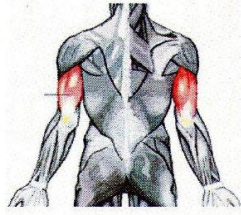


# TRICEPS BRACHIAL



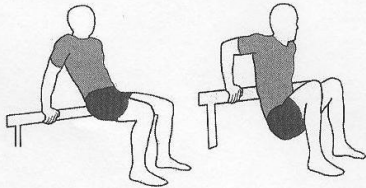
## ATELIERS

# 2

### Ce que vous devez faire

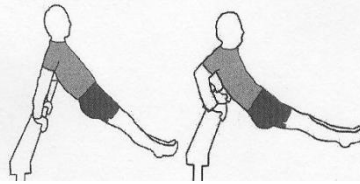
#### NIVEAU1

Dips sur banc, jambes fléchies (plus le banc sera bas, plus cela sera difficile).



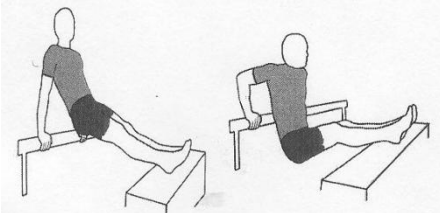
#### NIVEAU2

Dips sur banc, jambes tendues.



#### NIVEAU3

Dips avec jambes tendues et pieds surélevés.



### ETIREMENTS

