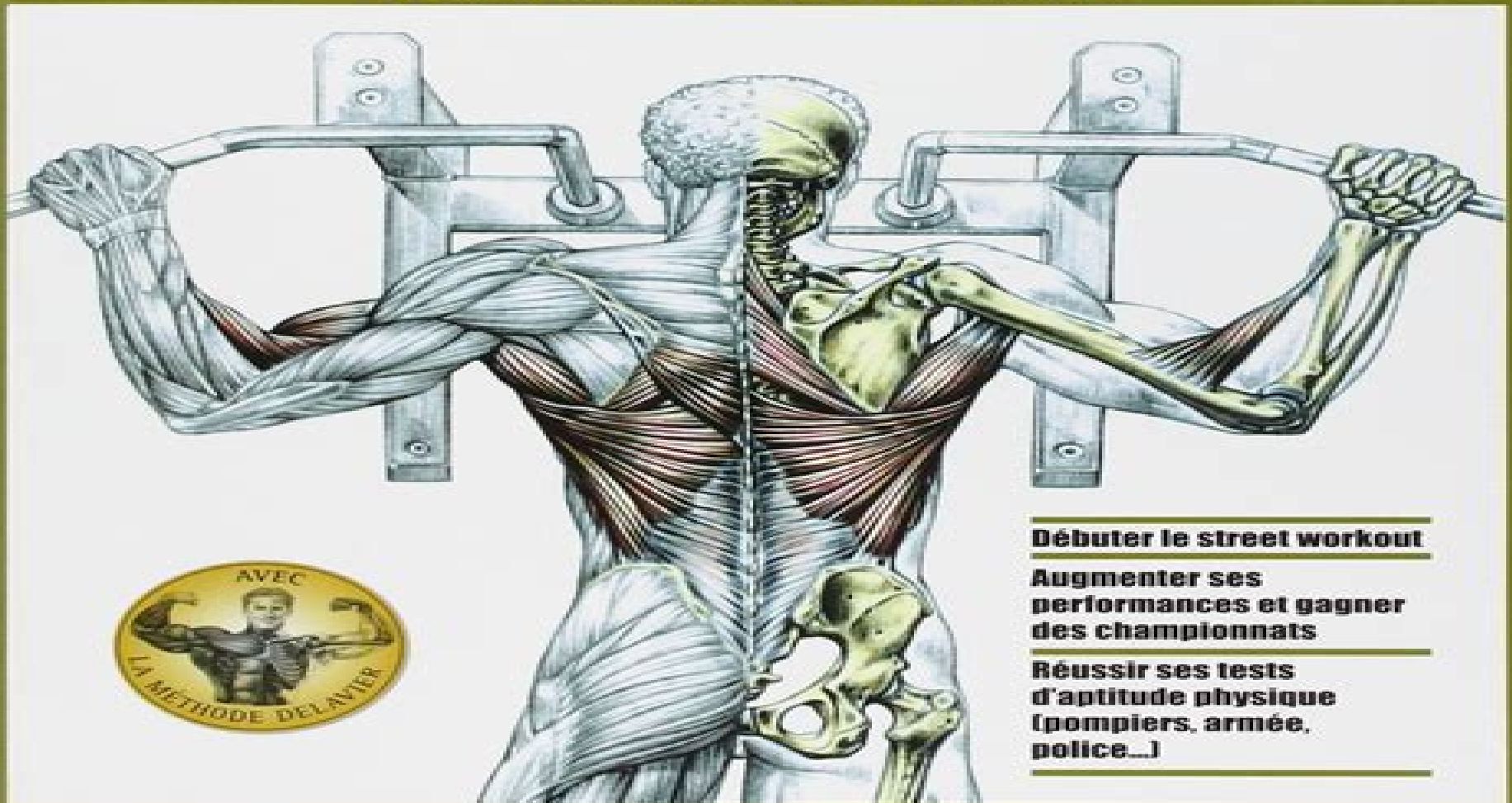


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Guide de musculation des bras Frédéric Delavier,Michael Gundill,2014-09-01 La partie du corps que souhaitent d velopper en premier les

personnes qui se mettent la musculation est généralement les bras car c'est là que l'aspect visuel a le plus d'impact. Mais en plus de cette considération esthétique, des bras forts constituent un avantage indispensable dans de nombreux sports : sports de combat, lancers, escalade, sports de raquette, basket, volley, handball, aviron. C'est sur cette double base que s'appuie cet ouvrage en expliquant comment développer rapidement des bras imposants et esthétiques et les plus fonctionnels possibles afin d'accroître ses performances sportives. Les programmes y sont développés en fonction de ses objectifs, de sa disponibilité du matériel dont on dispose, du sport dans lequel on souhaite s'améliorer. Ce guide très complet s'adresse à vous quel que soit votre profil. Si vous désirez établir un programme d'entraînement le plus efficace possible sans avoir lu d'ouvrages de musculation généralistes qui traitent de tous les muscles à la fois, ce livre va l'essentiel en se focalisant 100% sur les bras. Si vous êtes un sportif chevronné et souhaitez approfondir vos connaissances sur les muscles des bras en complément des ouvrages de musculation de référence déjà écrits par ces deux auteurs, ce livre comprend en outre de nombreux conseils pour éviter les blessures vite survenues dans cette partie du corps.

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web the article within the trust that names you as the successor trustee the name and date of death of the creator of the trust your acknowledgement and acceptance of the appointment as trustee your signature the date on which the

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