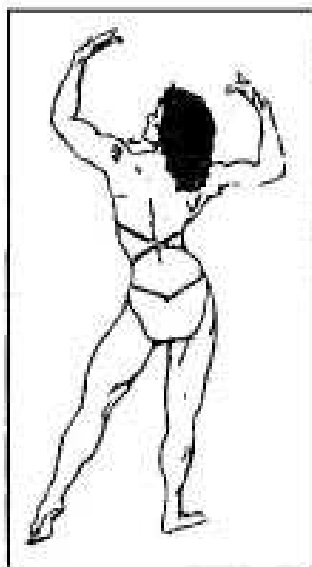
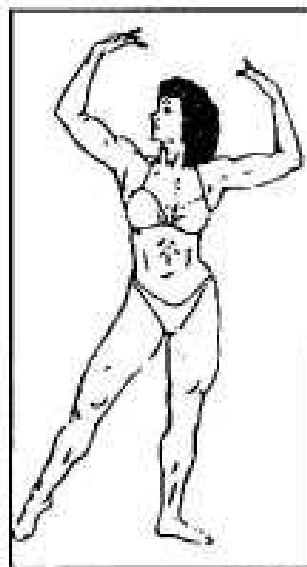


POSES IMPOSÉES FEMMES



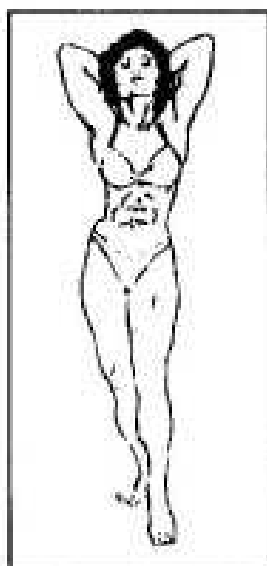
DOUBLE BICEPS BACK



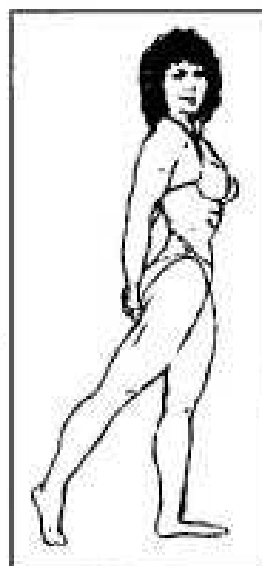
DOUBLE BICEPS FRONT



SIDE CHEST



THIGH, CALF & ABDOMINALS



SIDE TRICEPS