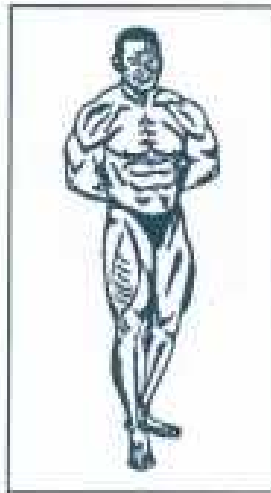


POSES IMPOSÉES HOMMES



FRONT LAT SPREAD



MOST MUSCULAR



BACK DOUBLE BICEPS



SIDE TRICEPS



SIDE CHEST



AB & THIGH POSE



FRONT DOUBLE BICEPS



BACK LAT SPREAD