# Table of Contents

**Jour 4 le dos** ..... 1

# Jour 4 le dos

- muscu
- traction
- tirage_horizontal_bas
- tirage_vertical
- rowing
- hyperextension

From:
https://daisy-street.fr/dokuwiki/ - **HomeWiki**

Permanent link:
**https://daisy-street.fr/dokuwiki/doku.php?id=wiki:ebook:jour_4_le_dos**

Last update: **2018/09/08 16:34**