

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, W

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: G, D, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: W

8 UPRIGHT ROW



Muscles affected: C, E, L, G, K

9 STANDING ROW



Muscles affected: C, E, G, R, S, T

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: W

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: C, E

14 STIFF ARM PULL-DOWN



Muscles affected: E, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, G, R, S

17 CALF RAISE



Muscles affected: K, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, D, L, N

23 HEEL KICK



Muscles affected: W, L, V, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



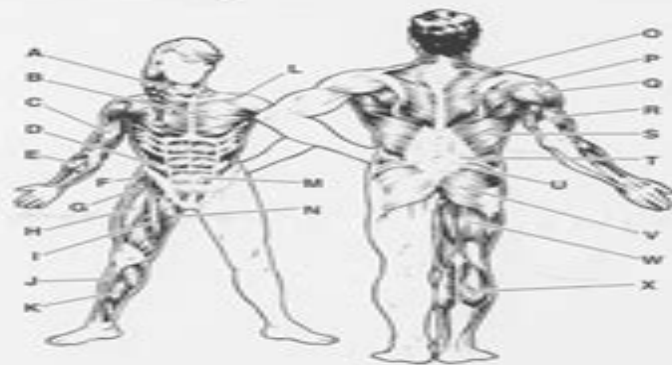
Muscles affected: G, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



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Thomas Griffiths

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eben alexander la preuve du paradis librairie renaud bray - Apr 08 2023

web eben alexander neurochirurgien à l esprit rationnel nous en donne la preuve après avoir vécu une nde expérience de mort imminente cet homme de 52 ans atteste de l existence du paradis dans ce livre témoignage aussi extraordinaire que bouleversant

la preuve du paradis voyage d un neurochirurgien dans l après vie - Jul 31 2022

web au cours de l été 1968 à l âge de quatorze ans j ai dépensé tout l argent que j avais gagné à tondre les pelouses en leçons de planeur avec un homme nommé gus street à strawberry hill un petit aérodrome seulement constitué d une bande d herbe juste à l ouest de winston salem en caroline du nord la ville où j ai grandi

la preuve du paradis dr eben alexander oltome - May 09 2023

web le dr alexander peut nous parler scientifiquement de l expérience spirituelle de la mort du corps et du cerveau qui n entraîne pas la fin de la conscience j ai plongé dans un monde où la mort n est pas la fin de la conscience mais un chapitre du voyage

la preuve du paradis voyage d un de eben alexander decitre - Jan 05 2023

web mar 1 2013 xxie siècle ennuyant le docteur eben alexander nous entraine avec la preuve du paradis dans sa propre expérience de mort imminente plus qu un point de vue lambda c est ici l expérience d un neurochirurgien qui nous est relaté

la preuve du paradis eben alexander 2290098477 cultura - Jun 29 2022

web la preuve du paradis par eben alexander aux éditions j ai lu un neurochirurgien témoigne de son expérience de mort imminente a l occasion de ce bouleversement il a voyagé dans une autre dimension et rencontré des êtres

43 avis sur la preuve du paradis eben alexander jocelin - Dec 04 2022

web témoignage rationnel d un neuro chirurgien de ses 7 jours de coma suite au microbe escherichia coli dans sa moelle épinière et son cerveau moins de 10 des chances de s en sortir vivant un cas hors normes témoignage qui ne ressemble pas vraiment à ceux du dr moody la vie après la vie et à ceux d anesthésistes réanimateurs connus c