

YORK

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2 Seated press behind neck
Flexions derrière la cou — position assise



3 Wide grip shoulder shrug
Haussement des épaules avec prise large



4 45° wide grip upright rowing
Rowing à 45° en prenant debout — prise large



5 Seated press
Flexions derrière la cou — position assise

7-15 EXERCISES WITH GRIPPING BARS



7 Medium grip upright rowing
Rowing avec prise moyenne en position debout



8 Seated regular grip press
Développé assis avec prise normale



9 Upright rowing
Rowing en position debout



10 Standing curl
Flexions debout — poignes vers le haut



12 Standing curls
Flexions debout — poignes vers le haut



13 Lying triceps extension
Extension des triceps en position couchée



14 Tricep extension behind neck (seated)
Extension des triceps derrière la nuque (position assise)



15 Tricep extension
Extension des triceps

SAMPLE OF EXERCISE PROGRAM F

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Yicheng Fang



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