

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 upright rowing
Rowing en 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 Seated upright rowing
Rowing en position assise



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
le nuque (position assise)



15 Seated tricep extension
Extension des triceps en
position assise

SAMPLE OF EXERCISE PROGRAM F

York Mega Gym Manual

S Ben Porath



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