

FIT PLAK®

BASIC EXERCISES



Inclinaison latérale / Wheighted side

Resistance conseillée / advised resistance ■ ■ ■



Crunch haut / Crunch Up

Resistance conseillée / advised resistance ■ ■



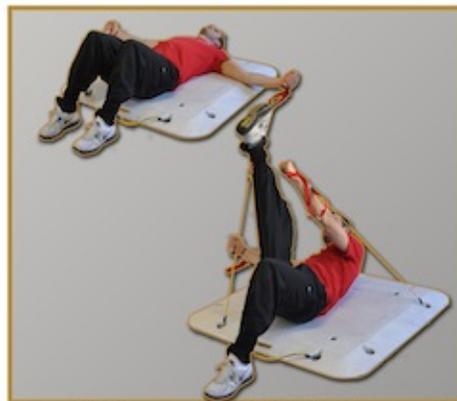
Relevé de jambes / Roll back

Resistance conseillée / advised resistance ■ ■



Relevé jambes tendues / Hip thrust

Resistance conseillée / advised resistance ■ ■ ■



Obliques haut / Twist Up

Resistance conseillée / advised resistance ■ ■



Obliques bas / Twist down

Resistance conseillée / advised resistance ■ ■ ■ ■ ■ ■



Gainage côté / Side Bent

Resistance conseillée / advised resistance ■ ■



Planche / Plank

Resistance conseillée / advised resistance ■ ■ ■



Crunch / Crunch

Resistance conseillée / advised resistance ■ ■



Flexion assis / Crunch seat

Resistance conseillée / advised resistance ■ ■ ■

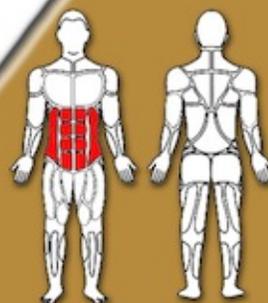


Crunch jambes tendues / Leg reach

Resistance conseillée / advised resistance ■ ■

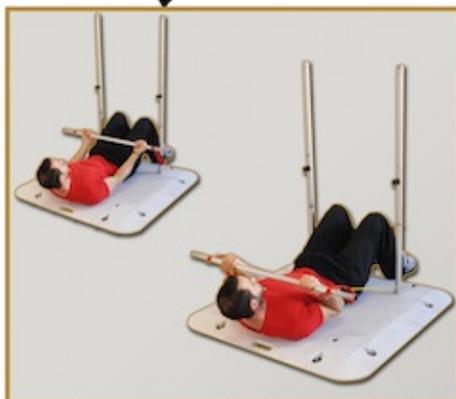
ABDOMINAUX

ABS



FIT PLAK®

BASIC EXERCISES



Biceps barre au sol / Grounds Curls bar

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion biceps / Seat down Curls

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion biceps / Seat down Curls

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion alternée / Alternate Curls

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion alternée / Standing alternate Curls

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion tetra / Tetra Curls

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion un bras / One arm Curls

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion barre pronation / Curls Bar Pro

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion barre / Curls bar

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Flexion biceps / Seat down Curls

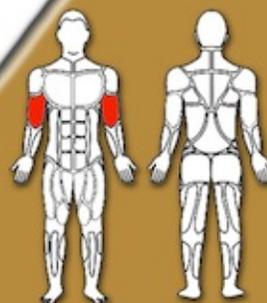
Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Larry scott / Larry scott

Resistance conseillée / advised resistance ■ ■ ■ ■ ■

BICEPS



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BASIC EXERCISES



Ecarté arrière / Rowing open

Resistance conseillée / advised resistance ■ ■ ■ ■



Ecarté nuque / Pull down

Resistance conseillée / advised resistance ■ ■ ■



Oiseau / Flies back

Resistance conseillée / advised resistance ■ ■ ■



Soulevé de Terre / Deadlift

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Tirage Poignée / Rowing handle

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



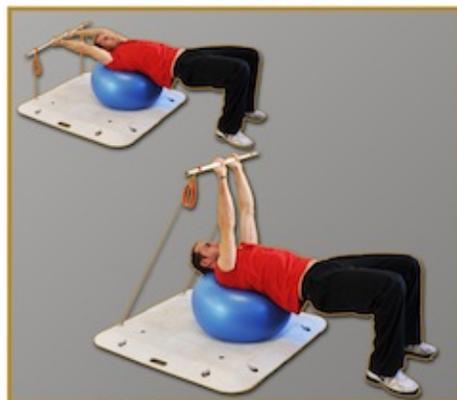
Tirage Supination / Rowing reverse

Resistance conseillée / advised resistance ■ ■ ■ ■



Tirage un bras / Rowing one arm

Resistance conseillée / advised resistance ■ ■ ■ ■



Pull-over / Pull-over

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Tirage horizontal / Rowing

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Tirage horizontal / Rowing

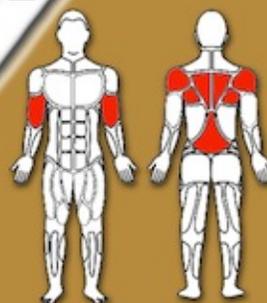
Resistance conseillée / advised resistance ■ ■ ■ ■



Lombaire / Lumbar extension

Resistance conseillée / advised resistance ■ ■ ■ ■ ■

DORS AUX BACK



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BASIC EXERCISES



Développé tetra / Tetra shoulders press

Resistance conseillée / advised resistance ■ ■ ■ ■



Développé devant / Seated shoulder press

Resistance conseillée / advised resistance ■ ■ ■ ■



Développé poignée / Handle shoulders press

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Ecarté arrière / Flyes back

Resistance conseillée / advised resistance ■ ■ ■ ■



Élévation devant un Bras / Front raises one arm

Resistance conseillée / advised resistance ■ ■ ■ ■



Élévation devant barre / Bar front raises

Resistance conseillée / advised resistance ■ ■ ■



Tirage menton / Upright rows

Resistance conseillée / advised resistance ■ ■ ■ ■



Élévation latérale tetra / Tetra lateral raises

Resistance conseillée / advised resistance ■ ■ ■ ■



Élévation latérale / Lateral raises one arm

Resistance conseillée / advised resistance ■ ■ ■



Élévation latérale / Lateral raises

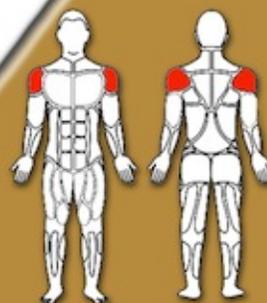
Resistance conseillée / advised resistance ■ ■ ■



Élévation devant / Front raises

Resistance conseillée / advised resistance ■ ■ ■

EPAULES SHOULDERS



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BASIC EXERCISES



Fentes avec barre / Lunge with bar

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Fentes avec ceinture / Lunge with belt

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Extension coté / Side Extension

Resistance conseillée / advised resistance ■ ■



Adducteurs / Adductors

Resistance conseillée / advised resistance ■ ■ ■



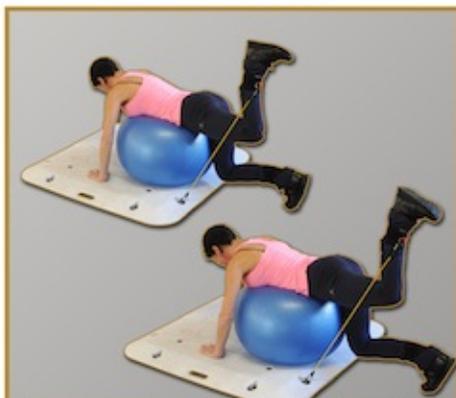
Abducteurs côté / Side abductors

Resistance conseillée / advised resistance ■ ■



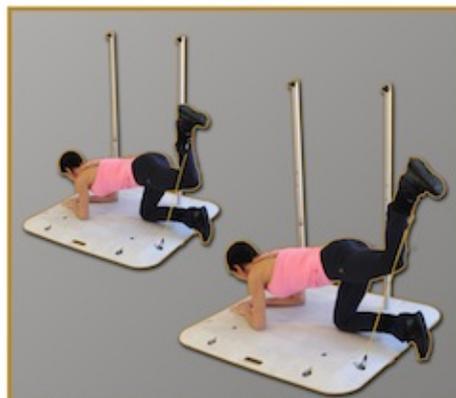
Abducteurs debout / Standing abductors

Resistance conseillée / advised resistance ■ ■ ■ ■



Extension flex / Bottocks flex with ball

Resistance conseillée / advised resistance ■ ■ ■



Extension flex / Bottocks flex

Resistance conseillée / advised resistance ■ ■ ■



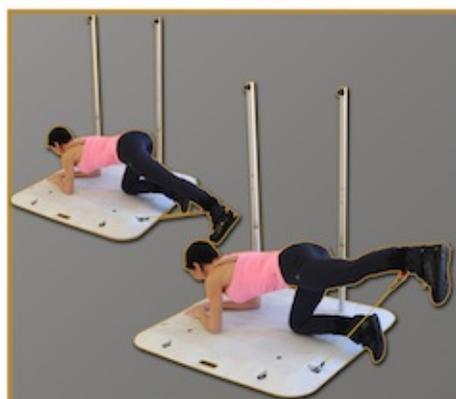
Extension fessiers / Bottocks extension

Resistance conseillée / advised resistance ■ ■ ■



Extension / Bottocks extension

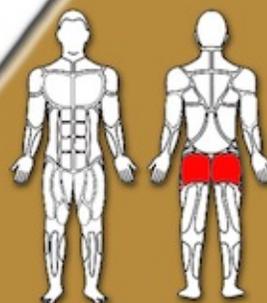
Resistance conseillée / advised resistance ■ ■ ■



Extension fessiers / Bottocks extension

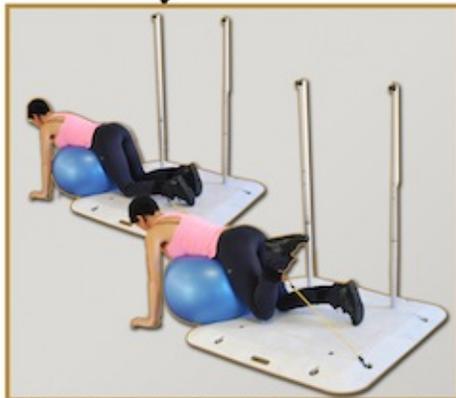
Resistance conseillée / advised resistance ■ ■ ■

FESSIERS BOTTOM



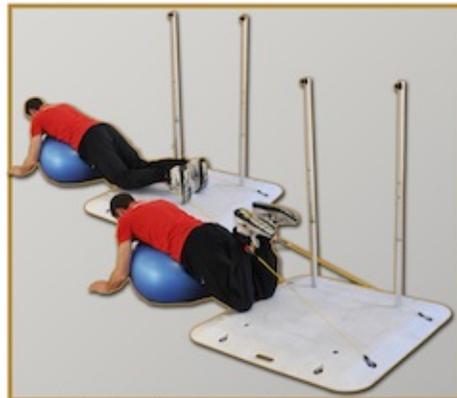
FIT PLAK®

BASIC EXERCISES



Flexion 1 jambe / One legs curls

Resistance possible / Adjusted resistance



Flexion jambes / Legs curls

Resistance possible / Adjusted resistance



Extension 1 jambe / One legs extension

Resistance possible / Adjusted resistance



Extension jambes / Legs extension

Resistance possible / Adjusted resistance



Mollets avec la barre / Calf with bar

Resistance possible / Adjusted resistance



Extension mollets ceinture / Calf with belt

Resistance possible / Adjusted resistance



Extension mollets ceinture / Calf with belt

Resistance possible / Adjusted resistance



Squat / Hard Squat

Resistance possible / Adjusted resistance



Squat sumo ceinture / Squat belt

Resistance possible / Adjusted resistance



Squat sumo / Squat sumo with bar

Resistance possible / Adjusted resistance



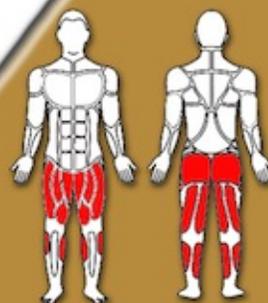
Squat avec barre / Squat with bar

Resistance possible / Adjusted resistance



JAMBES

LEGS



FIT PLAK®

BASIC EXERCISES



Pompes ceinture / Push-up Belt

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Ecarté incliné / Chest crossover Incline

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Ecarté incliné / Chest crossover incline

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Ecarté haut / Chest crossover up

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Dév. incliné Poignée / Chest handle incline

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Dév. couché / Chest press handle

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Dév. incliné / Chest press incline

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



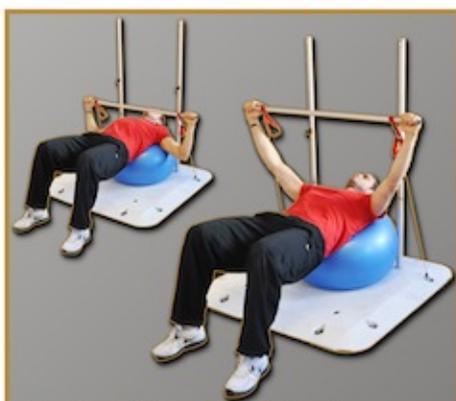
Ecarté poignée / Chest crossover

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Ecarté un bras / Chest one arm

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Développé couché / Chest press

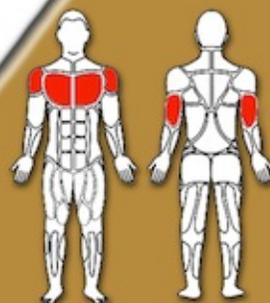
Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Développé assis / Seated chest handle

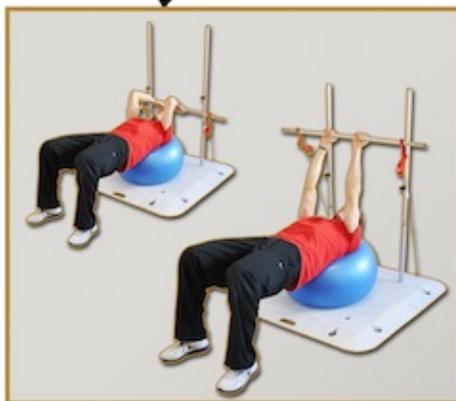
Resistance conseillée / advised resistance ■ ■ ■ ■ ■

PECTORAUX CHEST



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BASIC EXERCISES



Extension barre allongé / Lying Triceps extension

Resistance conseillée / advised resistance ■ ■ ■ ■



Extension à plat dos / Extension flat back

Resistance conseillée / advised resistance ■ ■ ■ ■ ■



Extension haute assis / Overhead extension

Resistance conseillée / advised resistance ■ ■ ■



Dips / Dips

Resistance conseillée / advised resistance ■ ■ ■ ■



Dips debout / Stand up Dips

Resistance conseillée / advised resistance ■ ■ ■



Extension haute / Overhead extension

Resistance conseillée / advised resistance ■ ■ ■



Extension haute tetra / Overhead extension tetra

Resistance conseillée / advised resistance ■ ■ ■



Extension haut un bras / Overhead extension one arm

Resistance conseillée / advised resistance ■ ■ ■



Extension arrière un bras / Pushback one arm

Resistance conseillée / advised resistance ■ ■ ■



Extension arrière un bras / Pushback one arm

Resistance conseillée / advised resistance ■ ■ ■



Extension arrière debout / Stand up pushback one arm

Resistance conseillée / advised resistance ■ ■ ■

TRICEPS

