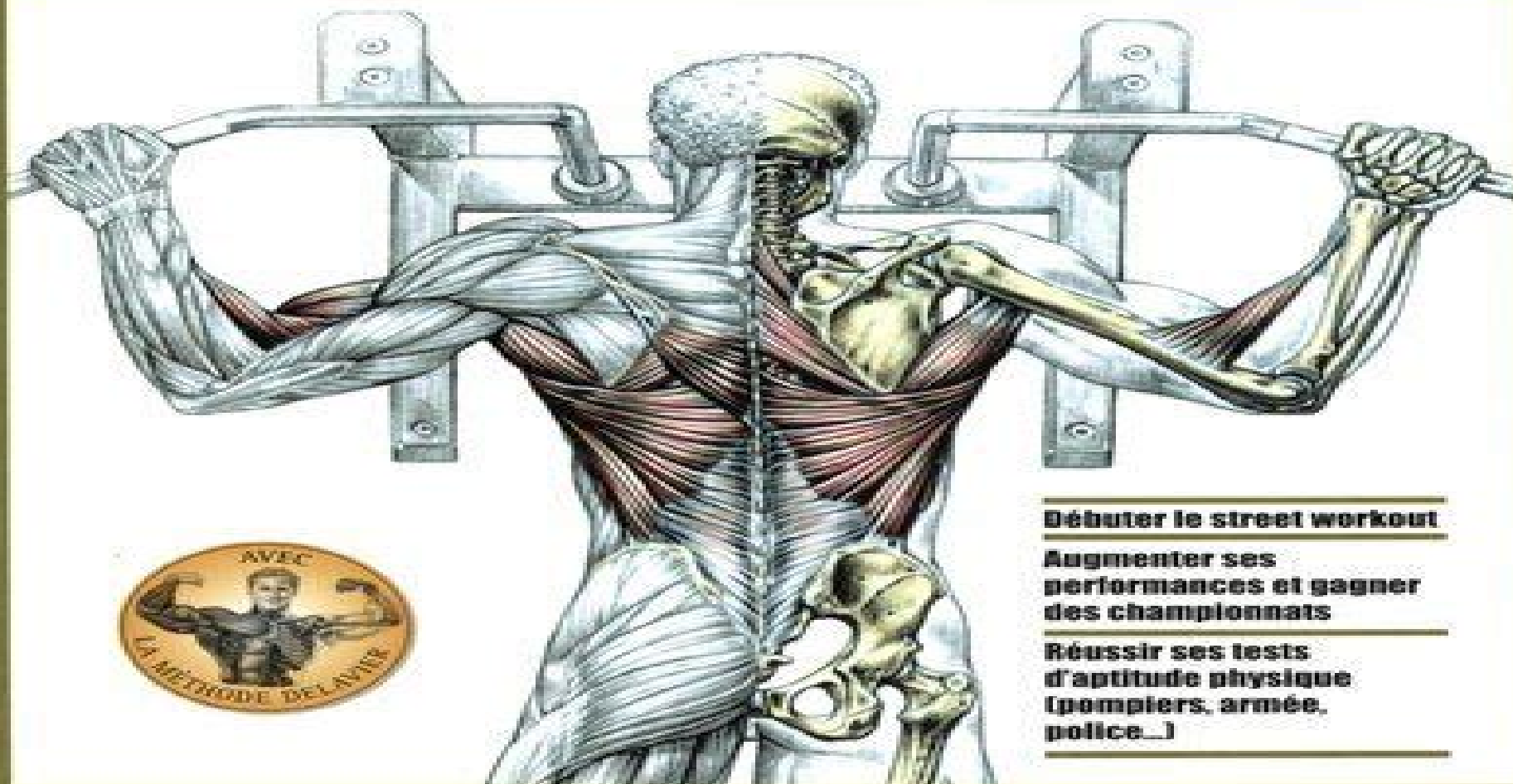


Frédéric Delavier | Michael Gundill

# GUIDE DES TRACTIONS

PLUS DE 30 EXERCICES ET PROGRAMMES



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**Débuter le street workout**

**Augmenter ses performances et gagner des championnats**

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**Réussir ses tests d'aptitude physique (pompiers, armée, police...)**

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VIGOT

# Frederic Delavier Guide Des Tractions

**Frédéric Delavier, Michael Gundill**



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