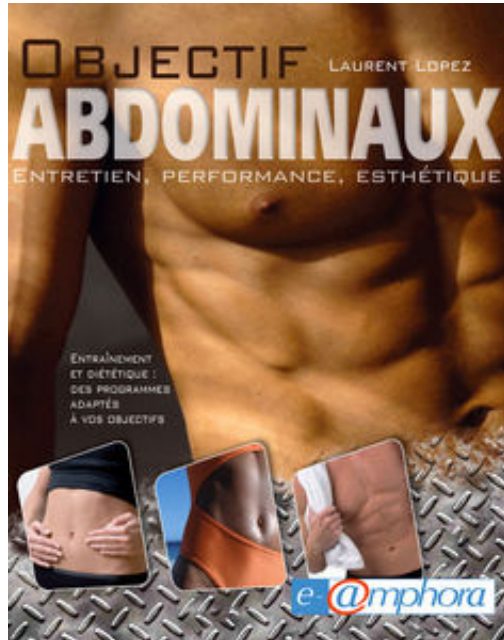


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**Quels sont les exercices les plus efficaces** pour vous muscler en toute sécurité ?

**Quels sont les meilleurs programmes adaptés à vos objectifs :** entretien, développement de la puissance ou recherche d'un corps esthétique ?

**Quelles sont les règles de diététique à respecter** pour optimiser les bénéfices de votre entraînement ?

Passerelle entre les parties inférieure et supérieure de notre squelette, les abdominaux sont des muscles essentiels qui assurent votre maintien et votre équilibre corporel. Une sollicitation régulière préviendra les problèmes de postures et le mal de dos.

Elle aura également un rôle primordial sur vos fonctions respiratoire et digestive... Découvrez les exercices et les conseils indispensables à votre santé et votre bien-être.

Vous êtes un sportif et souhaitez améliorer votre explosivité et votre gainage, indispensables à la performance ? Vous désirez vous construire un corps esthétique, une silhouette harmonieuse et dessiner les fameuses « tablettes de chocolat » ?

Laurent Lopez vous propose un travail approfondi et ciblé afin de vous permettre d'obtenir les résultats recherchés.

**Entretien, performance sportive ou esthétique : découvrez des exercices, des programmes d'entraînement et des conseils diététiques adaptés à vos propres besoins.**

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