

Musculation Programmes Et Exercices

Bodybuilding is the practice of progressive resistance exercise to build, control, and develop one's muscles via hypertrophy. [1] An individual who engages in this activity is referred to as a bodybuilder. ... Get expert advice on bodybuilding, workouts, supplements, and nutrition. Build muscle, boost performance, and stay updated with the latest fitness trends. Largest range of FREE workout routines available! Muscle building, fat loss, strength, abs, women's, fitness and more.

"Musculation." Merriam-Webster.com Dictionary, Merriam-Webster, <https://www.merriam-webster.com/dictionary/musculation>. Accessed 10 May. 2026. The meaning of MUSCULATURE is the muscles of all or a part of the animal body. How to use musculature in a sentence.

Definition of 'musculation' musculation in British English (,mʌskjʊˈleɪʃən) noun the muscular system of an individual person or animal This dictionary definitions page includes all the possible meanings, example usage and translations of the word musculation. Did you actually mean muscle tone or musical time?

Bodybuilding - Wikipedia

MUSCULATURE Definition & Meaning - Merriam-Webster

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MUSCULATION definition and meaning | Collins English Dictionary

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