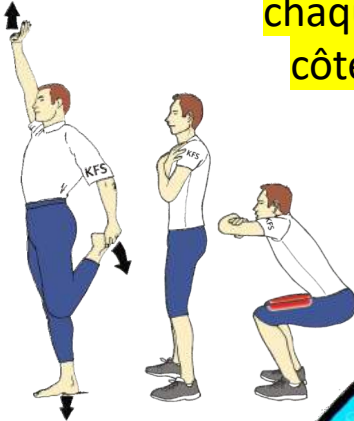


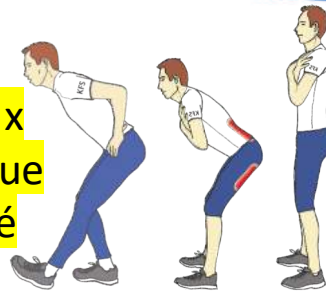
L'échauffement



20s x
chaque
côté



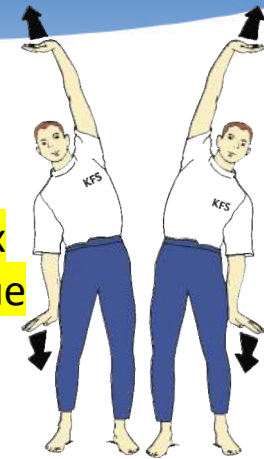
20s x
chaque
côté



20s x
chaque
côté



10s x
chaque
côté



10s x
chaque
côté



10 stations
Activo-dynamiques

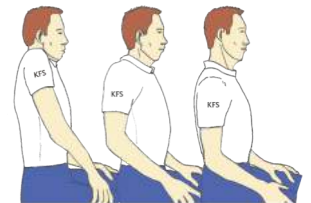
5 minutes

10s x
chaque
côté

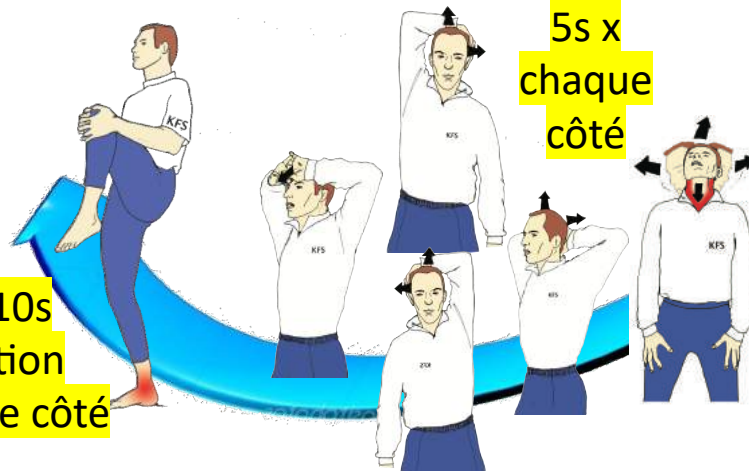


Ecartez-serrez

20s x
chaque
côté



Tenir 10s
la position
de chaque côté



5s x
chaque
côté

20s x
chaque
côté

