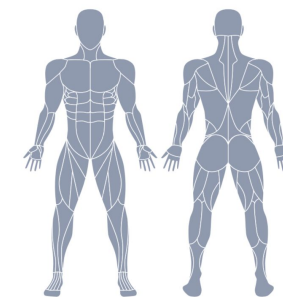


0	1	2	3	4	5	6	7	8	9	10
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OBJECTIF DU JOUR :

NOTES :



ECHAUFFEMENT (min) :

Raise

Activate / Mobilize

Potentiate

CORPS DE SÉANCE (min) :

RETOUR AU CALME (min) :