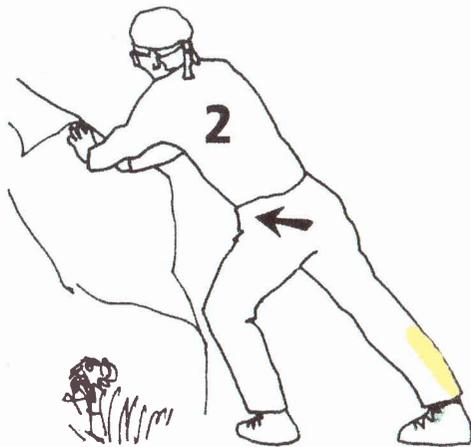
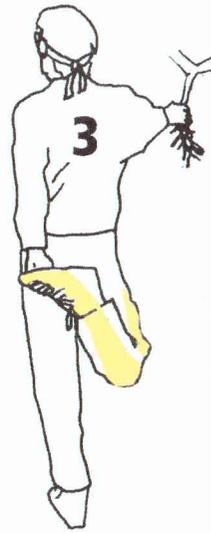




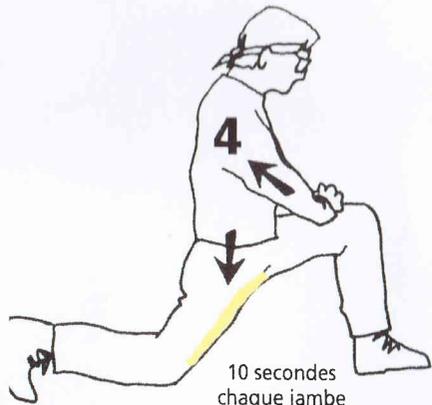
tournez chaque pied dix à quinze fois



15 à 20 secondes chaque jambe



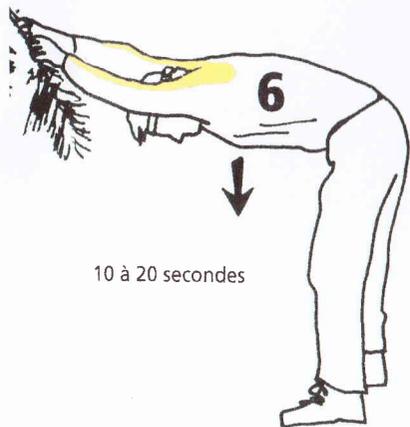
10 à 15 secondes chaque jambe



10 secondes chaque jambe



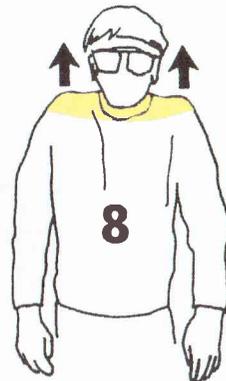
15 à 30 secondes



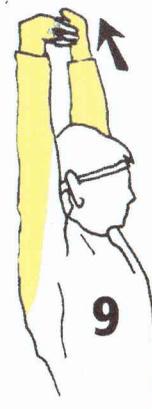
10 à 20 secondes



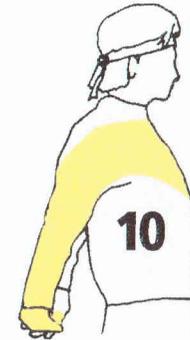
8 à 10 secondes chaque bras



3 à 5 secondes plusieurs fois



15 secondes



10 à 15 secondes



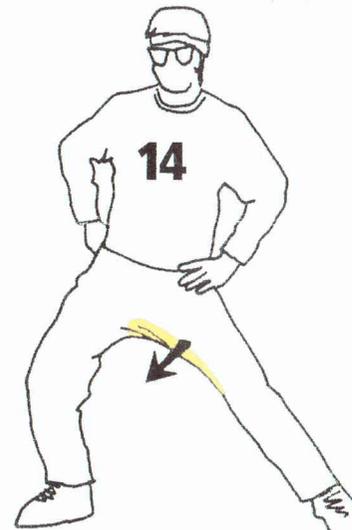
8 à 10 secondes de chaque côté



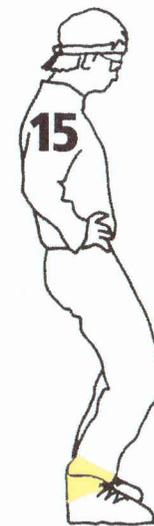
10 secondes deux fois



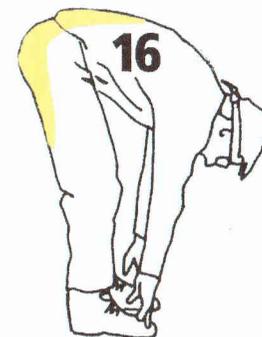
10 secondes de chaque côté



10 à 15 secondes chaque jambe



15 à 30 secondes



10 à 15 secondes

Si vous manquez de temps, limitez-vous aux exercices :  
2, 4, 6, 8, 12, 13, 15  
3 minutes environ