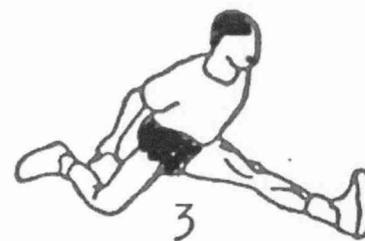
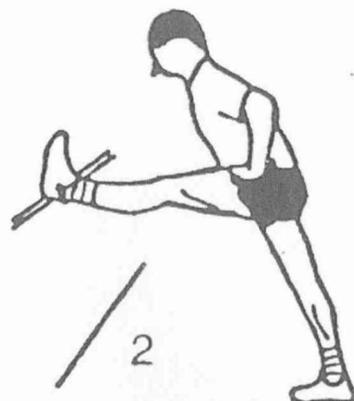
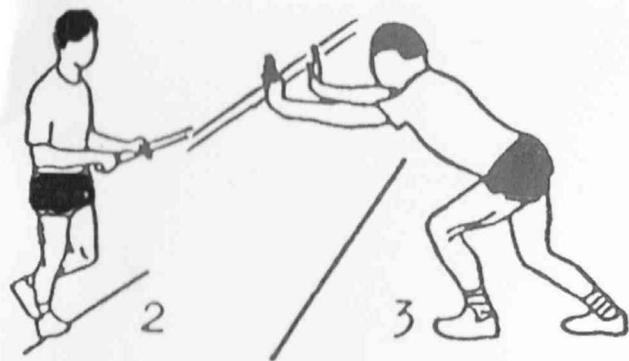
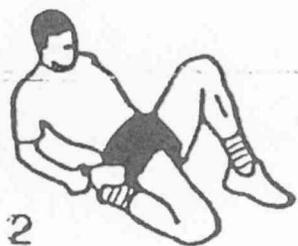


B. LES ISCHIO JAMBIERS



C. LES QUADRICEPS



D. LES ADDUCTEURS



F. LES FLANCS et LE TRONC

effectuez la série
les 5 mouvements.

