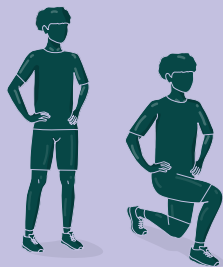


SQUATS SAUTÉS x



C
6



I

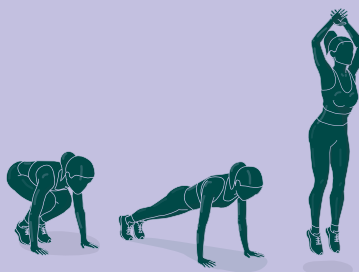
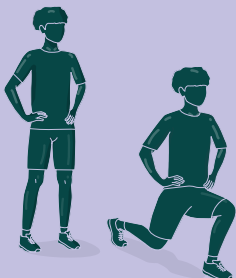
8

x **FENTES JAMBE DROITE**

R

6

BURPEES x



C

8

x **FENTES JAMBE GAUCHE**

U

6

CRUNCHS CROISÉS x



I

8

x **MOUVEMENTS DU GRIMPEUR**

T

A handwritten signature in black ink, appearing to read 'A. De Grasse'.