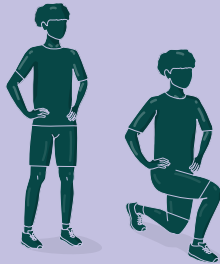


SQUATS x



C
6



I
8

x **FENTES
JAMBE DROITE**

**SQUATS
SAUTÉS** x



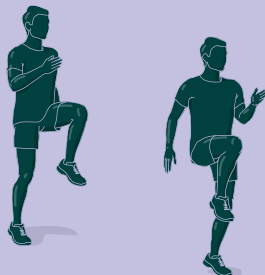
R
6



C
8

x **FENTES
JAMBE GAUCHE**

**SAUTS DE
PATINEUR** x



U
6



I
8

x **ÉLÉVATIONS DU
GENOU ALTERNÉES**

T