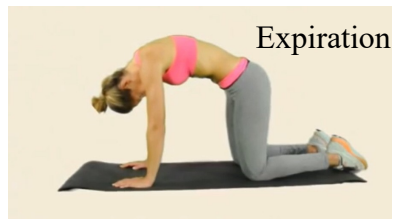


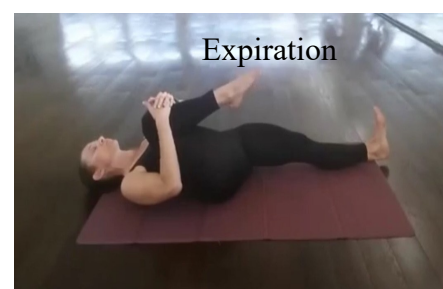
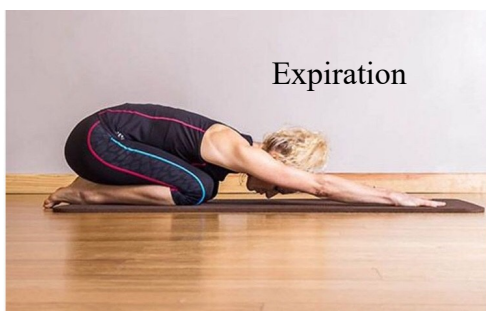
Quelques exercices à réaliser en circuit pour libérer les tensions du dos

1



8

2

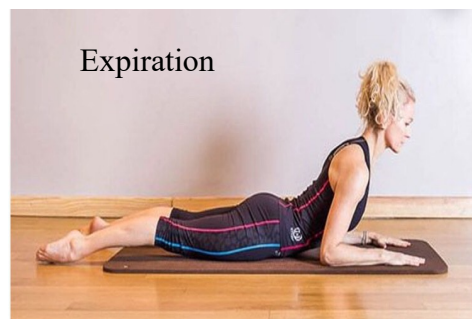


9



7

3



6

4



5

