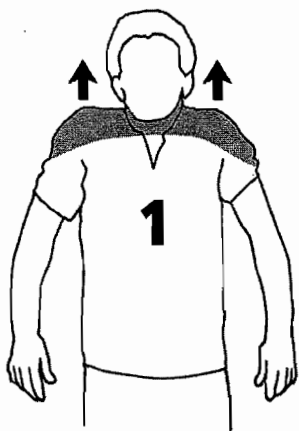


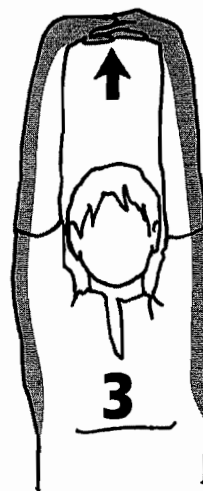
Marchez quelques minutes pour vous échauffer.



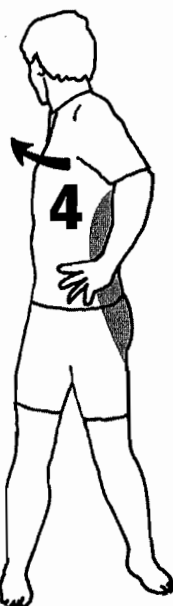
5 secondes  
deux fois  
(page 46)



8 à 10 secondes  
de chaque côté  
(page 44)



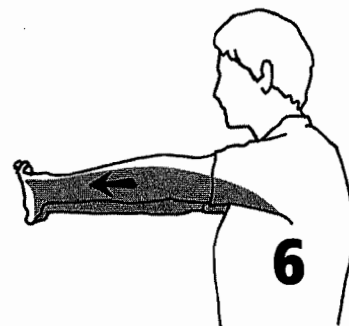
15 secondes  
(page 46)



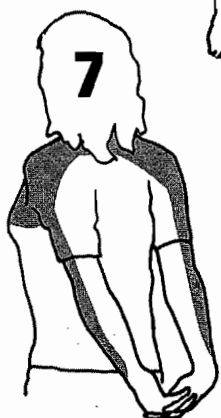
10 secondes  
de chaque côté  
(page 81)



10 à 15 secondes  
(page 46)



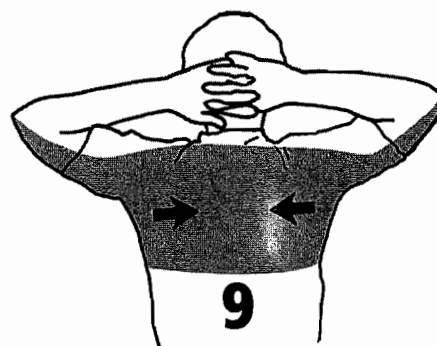
15 à 20 secondes  
(page 45)



10 à 15 secondes  
(page 47)



10 secondes  
chaque bras  
(page 47)



5 secondes  
deux fois  
(page 91)