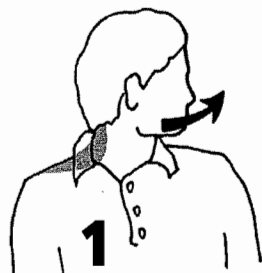
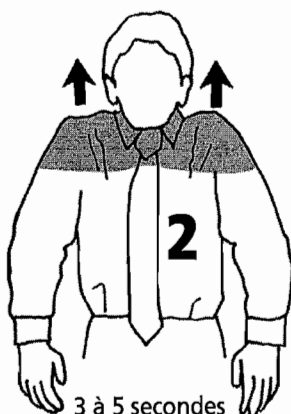


En voyage

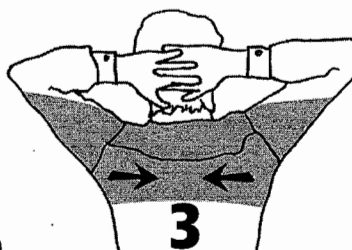
Ces exercices, effectués au cours d'un voyage, soulageront votre corps des raideurs provoquées par l'immobilité.



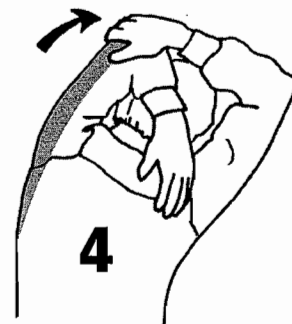
1
3 à 5 secondes
de chaque côté
(page 92)



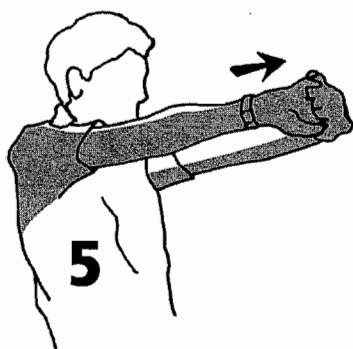
2
3 à 5 secondes
trois fois
(page 46)



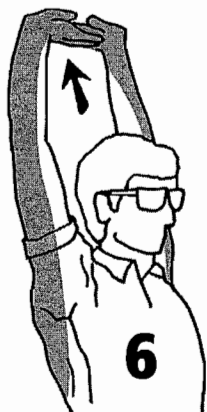
3
3 à 5 secondes
(page 91)



4
5 secondes
de chaque côté
(page 44)



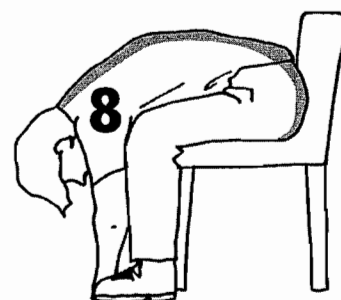
5
15 secondes
(page 90)



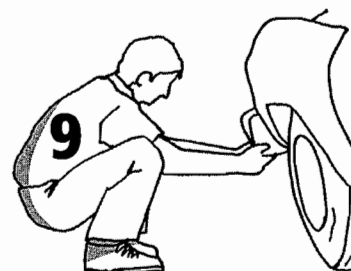
6
8 à 10 secondes
(page 90)



7
8 à 10 secondes
de chaque côté
(page 60)



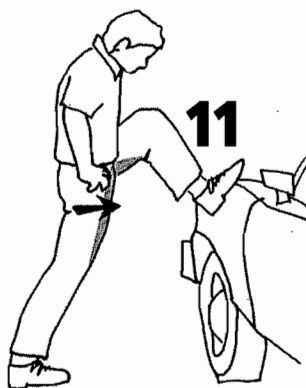
8
5 secondes
(page 92)



9
10 secondes
(page 66)



10
10 secondes
chaque jambe
(page 71)



11
8 secondes
chaque jambe
(page 74)



12
10 secondes
chaque jambe
(page 73)