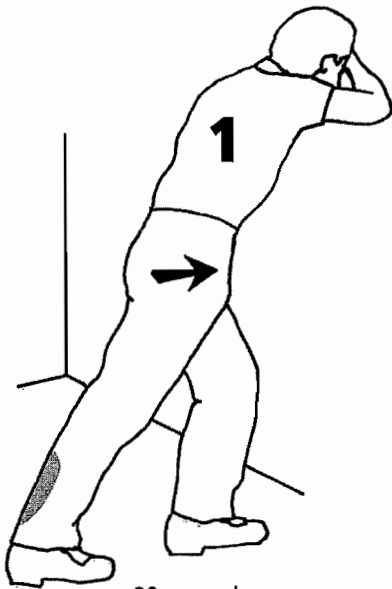


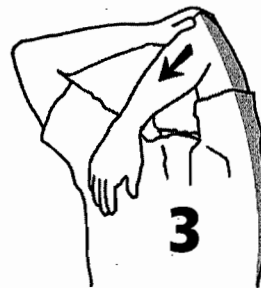
Marchez quelques minutes pour vous échauffer.



20 secondes
chaque jambe
(page 71)



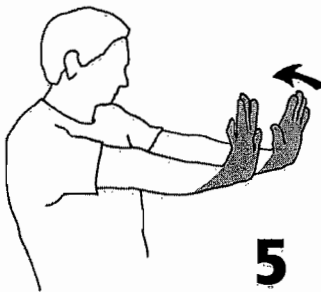
10 à 15 secondes
(page 46)



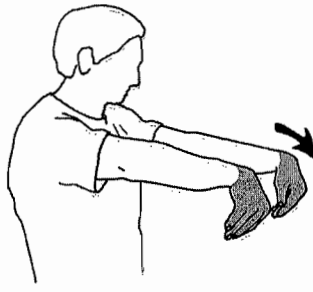
10 secondes
deux fois chaque bras
(page 44)



15 à 20 secondes
(page 55)



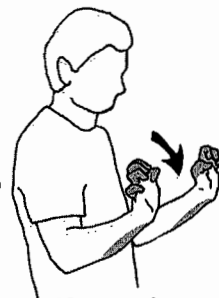
10 secondes
(page 88)



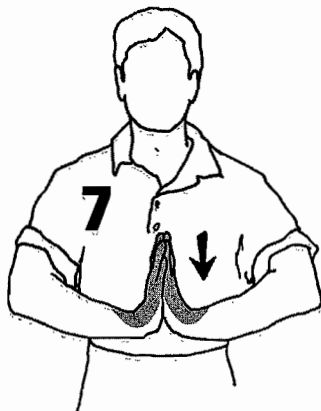
10 secondes
(page 88)



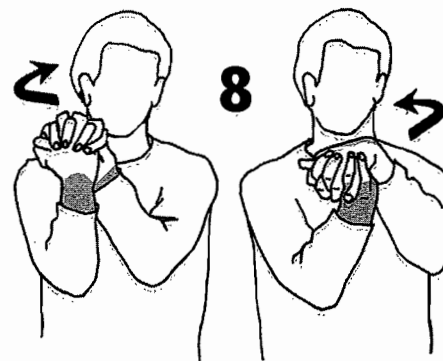
10 secondes
(page 88)



10 secondes
(page 88)



10 secondes
(page 89)



tournez dix à quinze fois
dans chaque sens
(page 89)