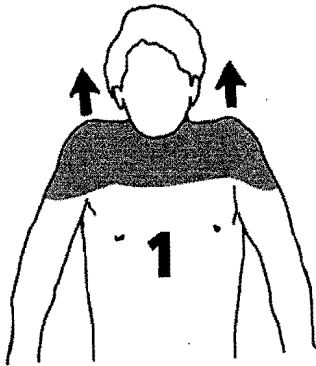


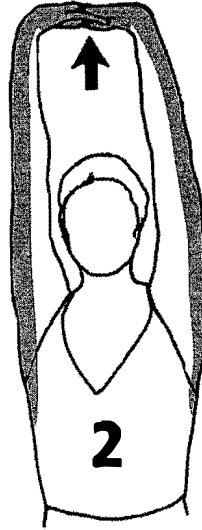
# Natation

5 minutes environ

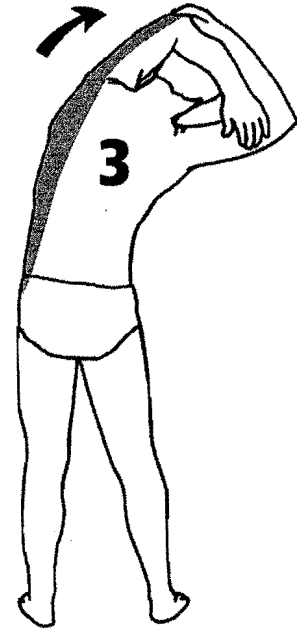
Marchez quelques minutes pour vous échauffer.



5 secondes  
trois fois  
(page 46)



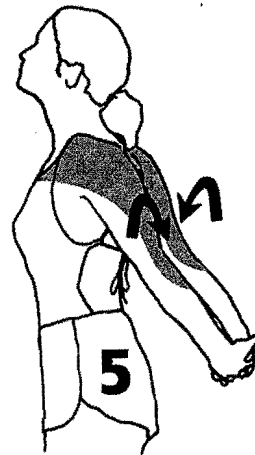
10 à 15 secondes  
(page 46)



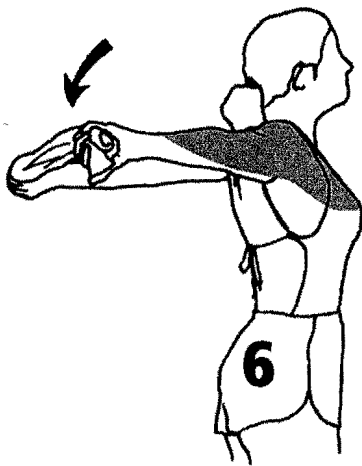
10 secondes  
de chaque côté  
(page 44)



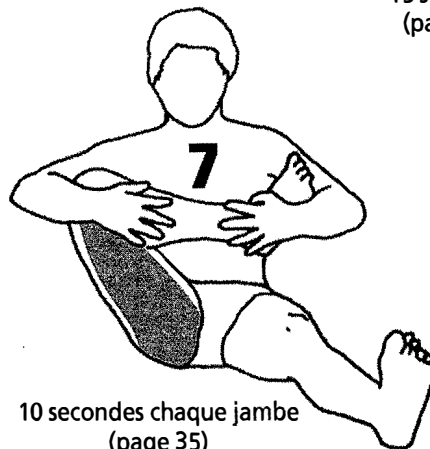
15 secondes chaque bras  
(page 43)



15 secondes  
(page 47)



10 secondes  
(page 87)



10 secondes chaque jambe  
(page 35)



15 secondes  
(page 58)