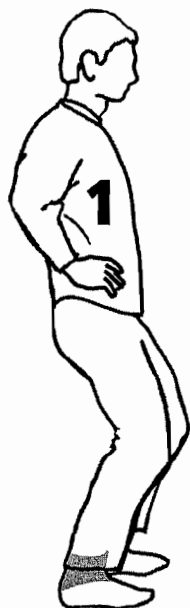


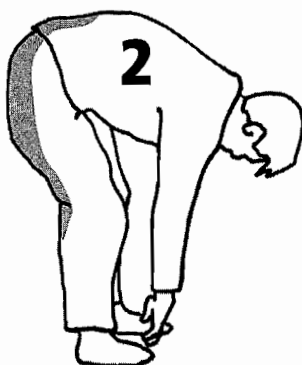
Snowboard

5 minutes environ

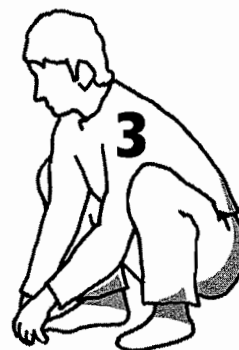
Marchez quelques minutes pour vous échauffer.



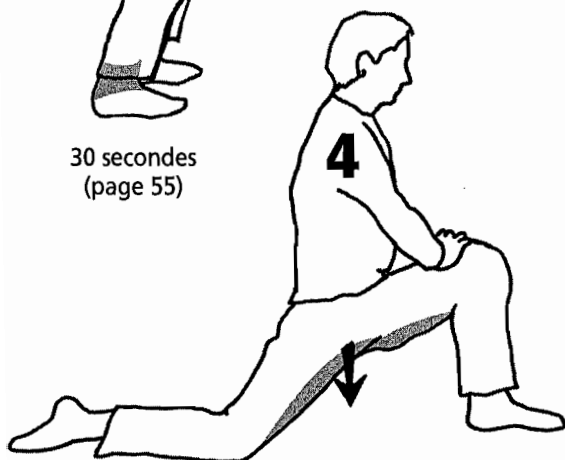
30 secondes
(page 55)



10 à 15 secondes
(page 54)



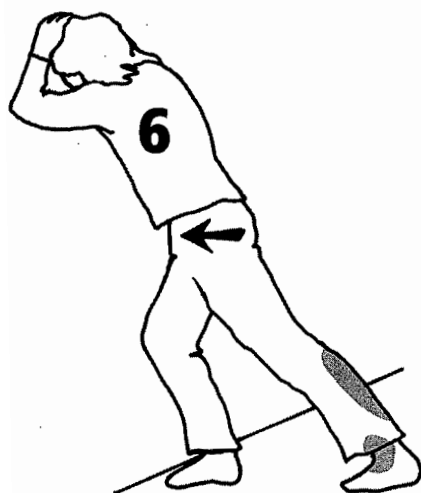
10 à 15 secondes
(page 65)



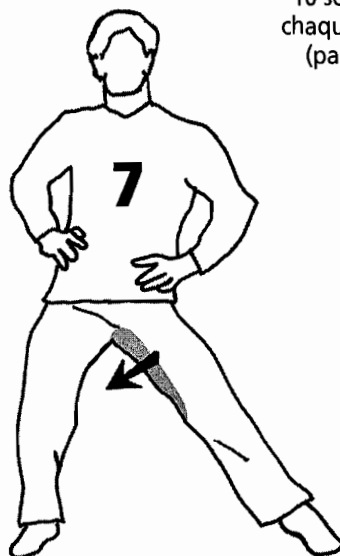
10 à 15 secondes chaque jambe
(page 53)



10 secondes
chaque jambe
(page 75)



15 secondes chaque jambe
(page 71)



10 secondes chaque jambe
(page 73)



10 secondes
de chaque côté
(page 81)