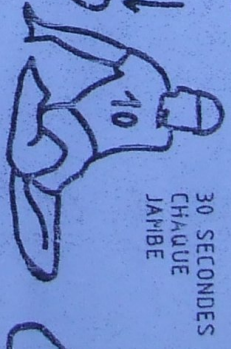
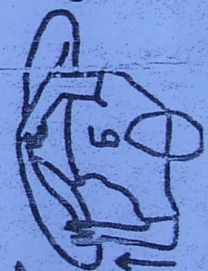
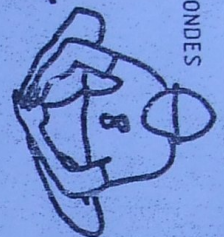
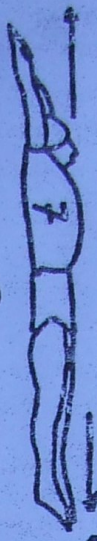


15 FOIS CHAQUE SENS
 30 SECONDES
 30 SECONDES CHAQUE JAMBE
 3 FOIS 5 SECONDES
 25 SECONDES CHAQUE CÔTE



3 FOIS 10 SECONDES

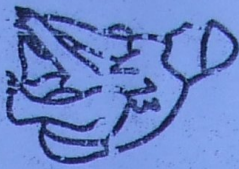
30 SECONDES

30 SECONDES CHAQUE JAMBE

30 SECONDES CHAQUE JAMBE

30 SECONDES CHAQUE JAMBE

30 SECONDES CHAQUE JAMBE

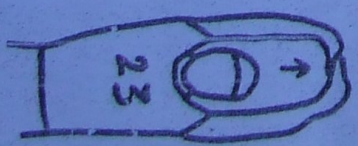


30 SECONDES

30 SECONDES

15 SECONDES CHAQUE CÔTE

20 SECONDES



30 SECONDES

30 SECONDES CHAQUE JAMBE

30 SECONDES CHAQUE JAMBE

15 SECONDES CHAQUE BRAS

15 SECONDES CHAQUE CÔTE

20 SECONDES