



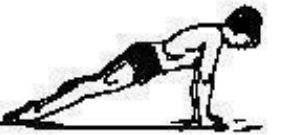
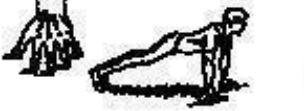


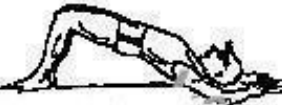




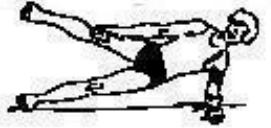








"Exercices de renforcement musculaire"

Difficulté Muscles sollicités	Facile	Moyen	Difficile	Etirement
Ceinture scapulaire				
			 petits sauts	
				
Stabilisation du bassin				
				
Abdominaux	