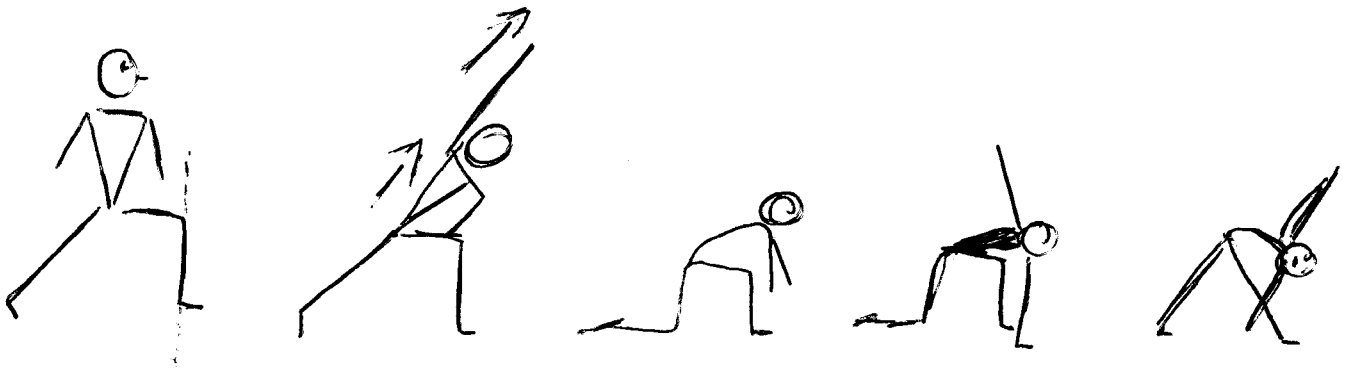
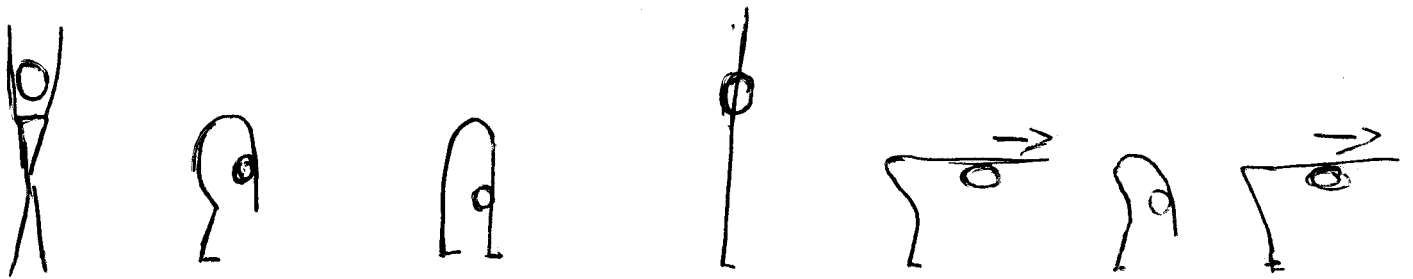
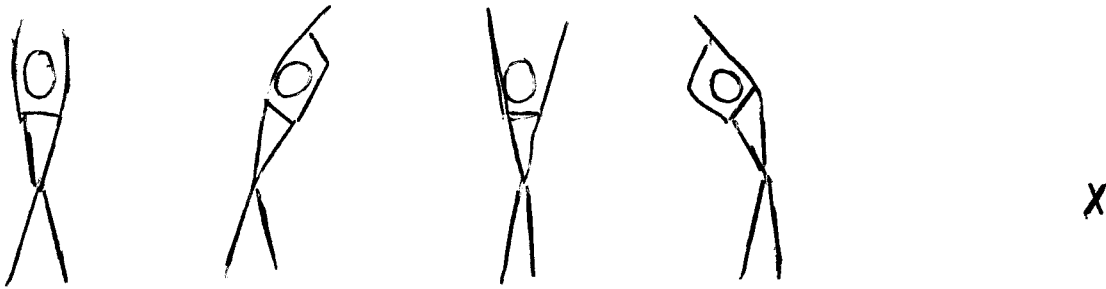
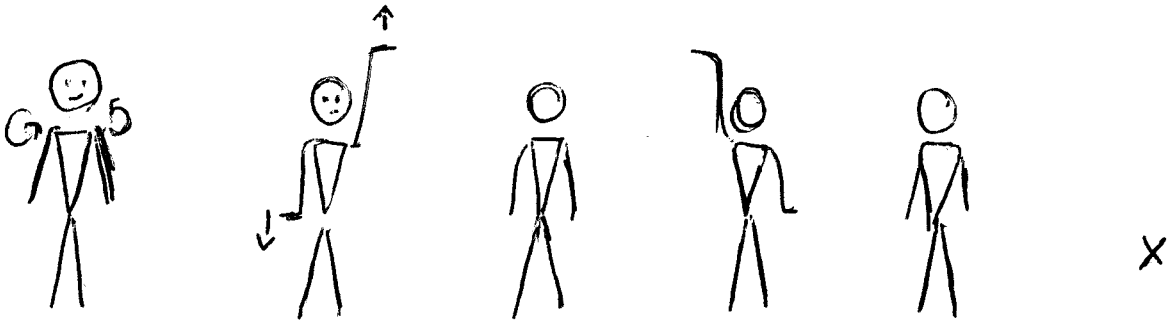


Étirements



jambe gauche en avant
puis jambe droite