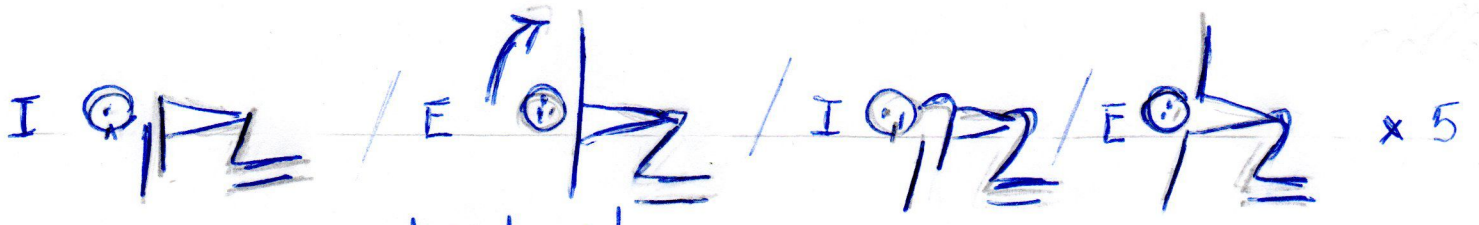
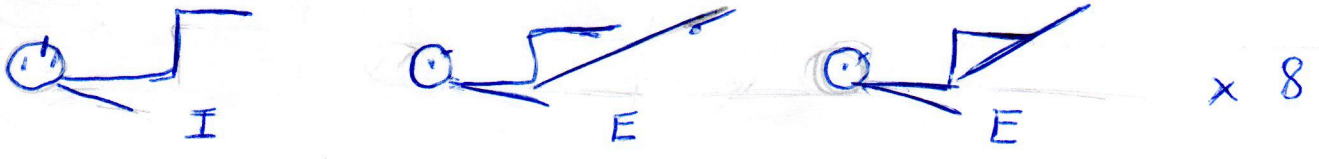


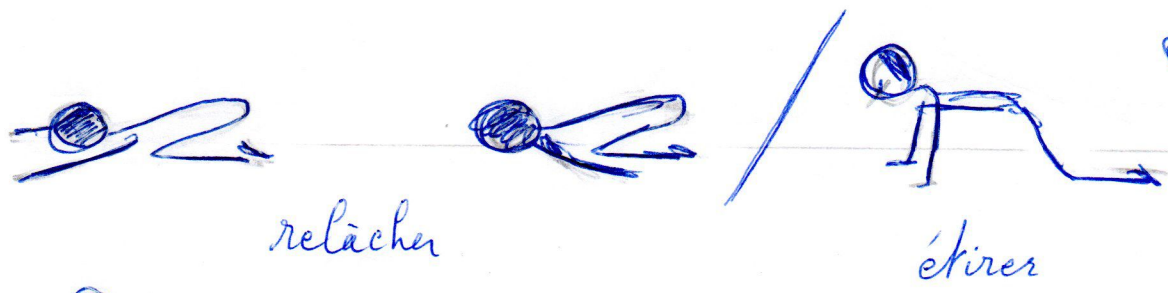
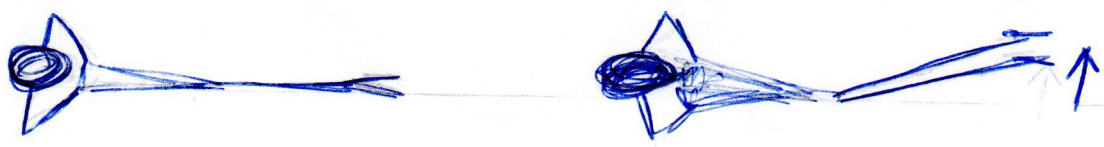
couché sur le côté gauche



ouvrir le côté droit



petits battements de bras



relâcher

étirer

jambe gauche puis droite

