

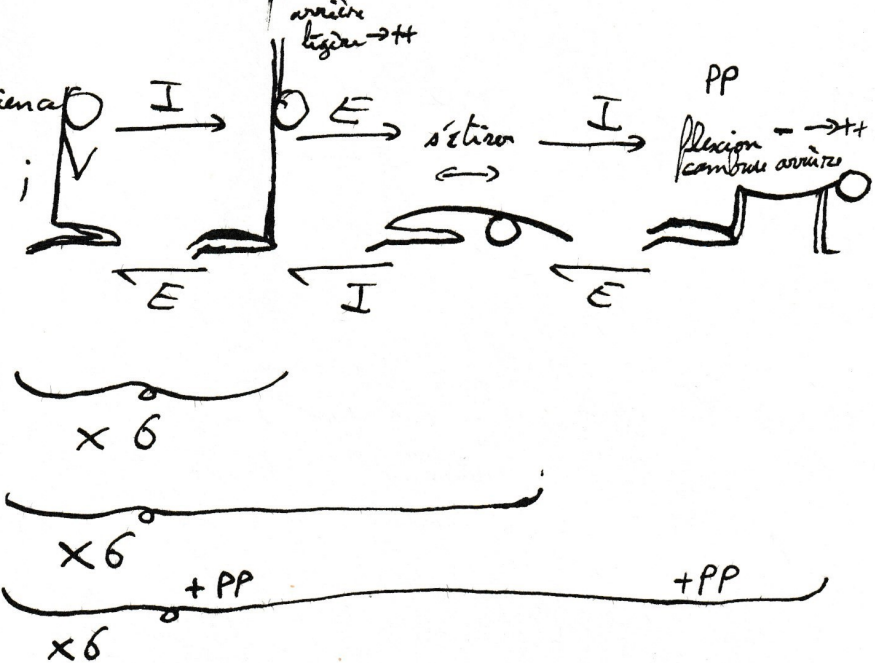
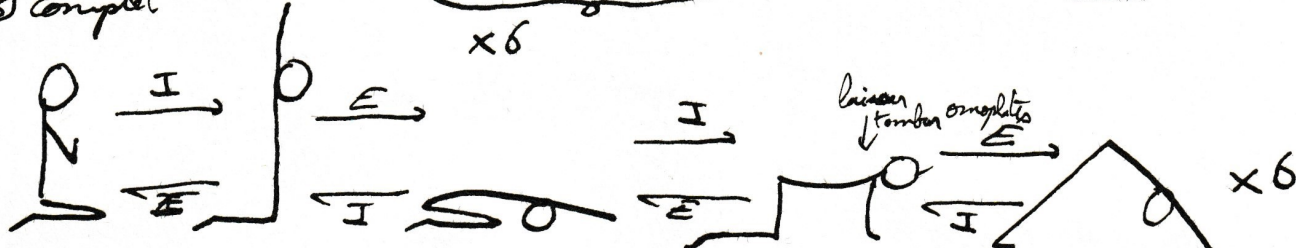


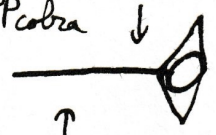
①  • mot libre
 • Soit debout
 • Soit à genoux
 pour le premier mot.

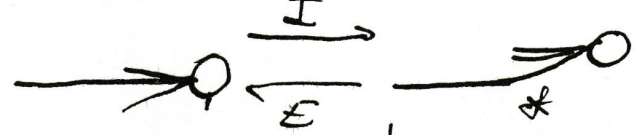
②  • accueil R°
 • prise de conscience
 appuis




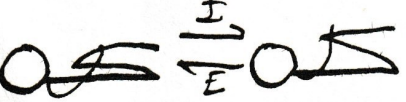
③ complet



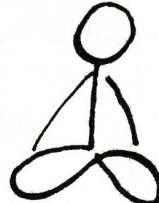
④ PP cobra  I thorax en garfle
 E: appuis pubis x 10-12 R°

 la colonne porte la tête

⑤  x 6

⑥  x 6

⑦  5'

⑧ 

- mm x 4
- mm 00 mm x 4
- mm 0000 mm x 4; accueil
- mm 0 mm x 2; énergie
- mm x 2; printemps

stat prog
 0
 0
 1
 2
 3
 4
 4