

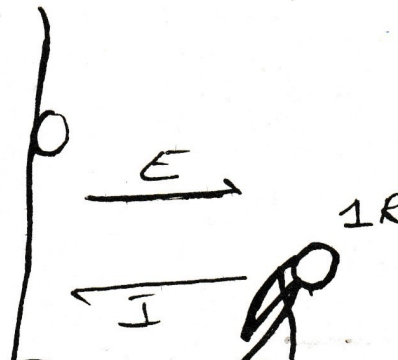
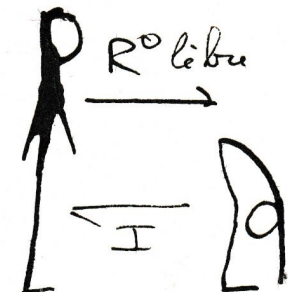


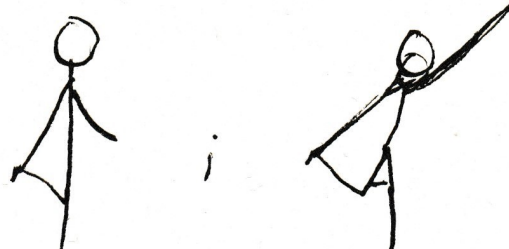
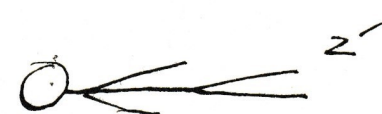
①  . respiration
 . acquis - équilibre .
 . prise de conscience de verticalité

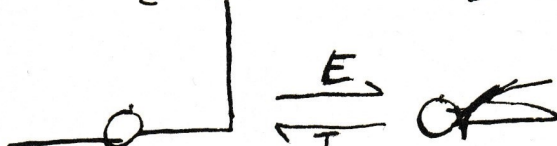
②  x 3-4 I continue
 x 3-4 I en 2, 3 paliers

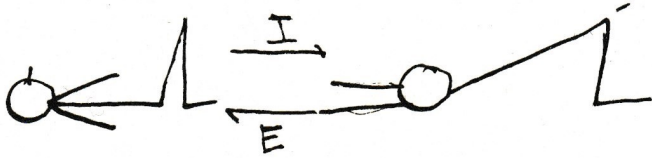
③  1R

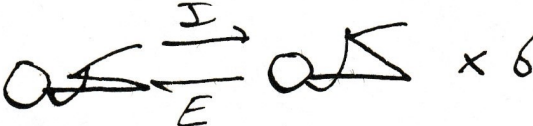
④  PP
 * 1, 2, 3, 3R
 CC

⑤  R° libu
 x 3

⑥  PP
 équilibre ;  2'

⑦  x 6

⑧  CC alt
 jambe .
 stat prog } 1
 1
 2 R
 2
 3
 3

⑨  x 6

M x 2
 M O M x 2
 M O O O M x 2
 M O A A O M x 2
 M O M x 2
 M x 2

⑩ 