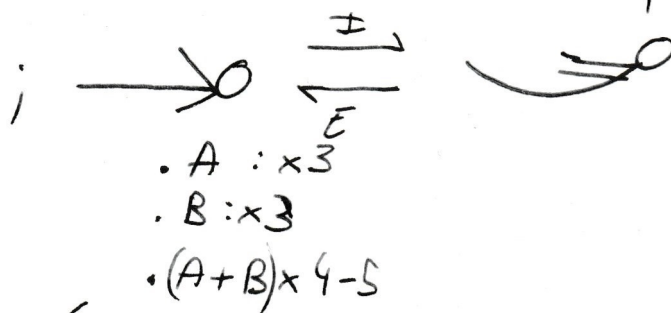
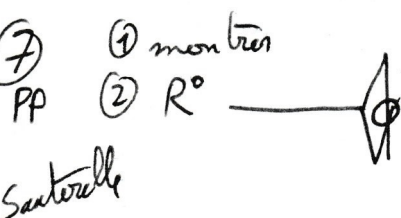
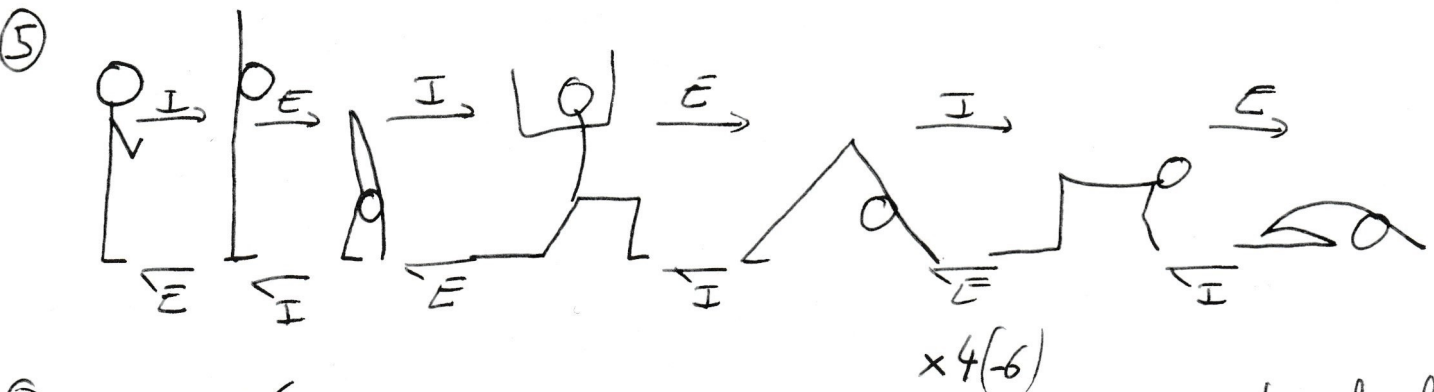
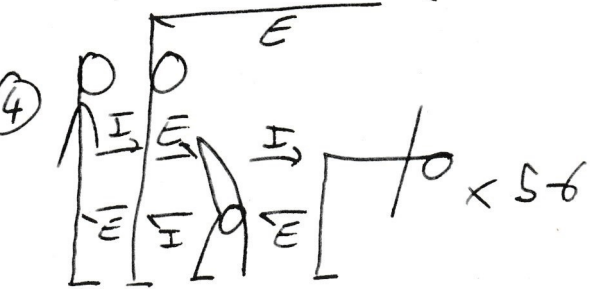
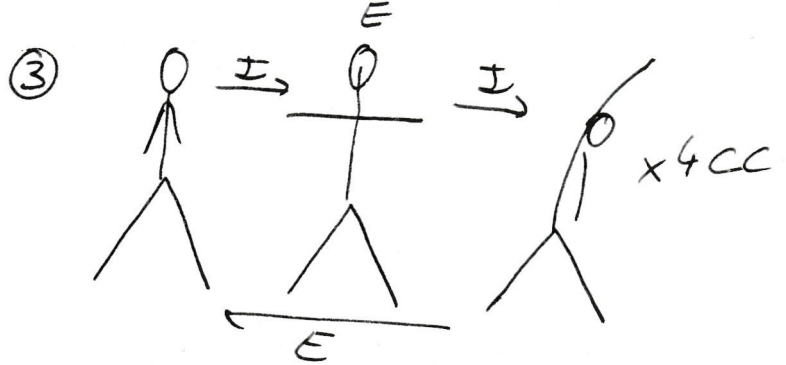
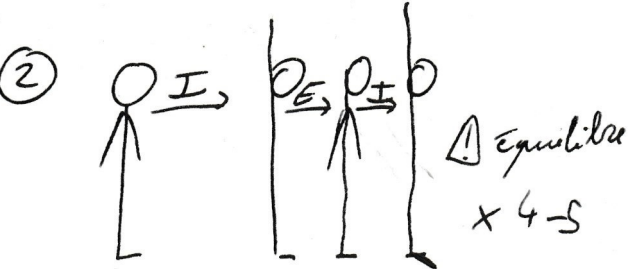
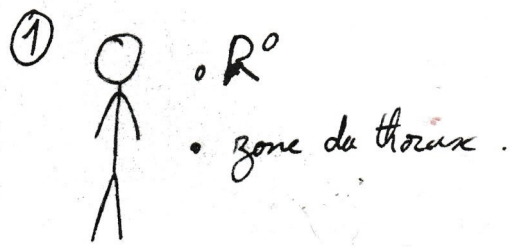


16 janvier 2021

"salutation au soleil et vers la sauteuse."



- plusieurs étapes
- soulever le tite
 - rapprocher les omoplates
 - relever le haut de la poitrine
 - lever les bras à l'arrière
 - lever plus le thorax
 - lever les jambes + serrer les fesses

