

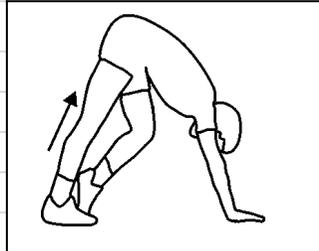
# FLEXIBILITÉ

Voici quelques étirements du bas du corps. Vous devez garder la position pendant 60 sec et vous répéter 3 fois chaque exercices.

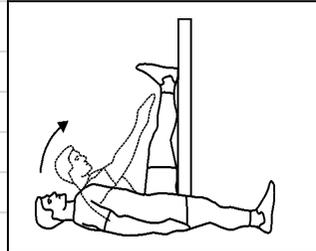
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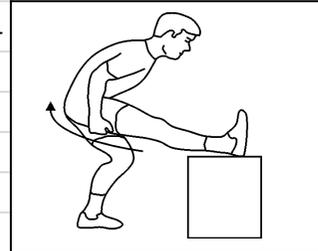
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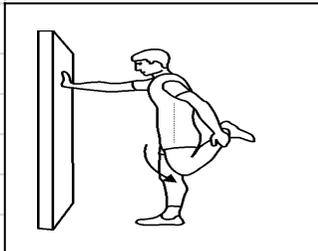
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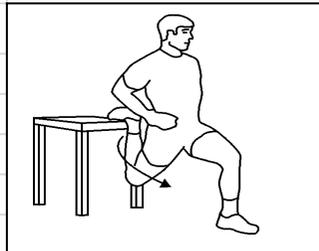
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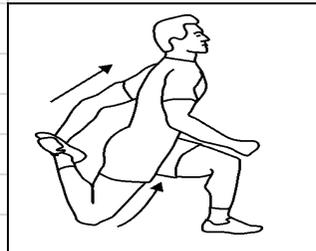
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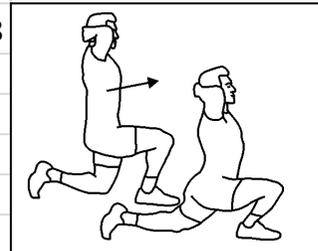
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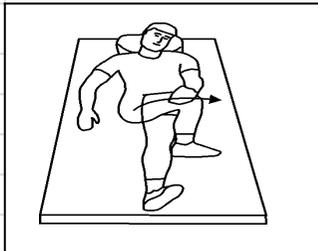
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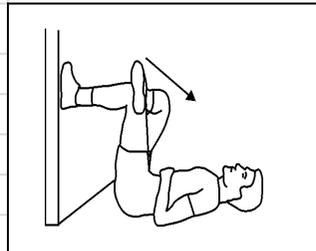
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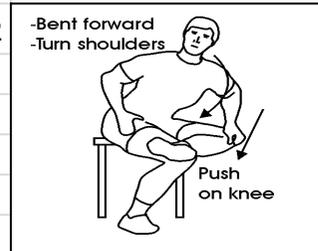
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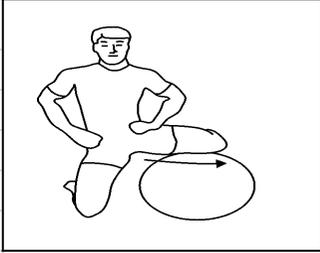
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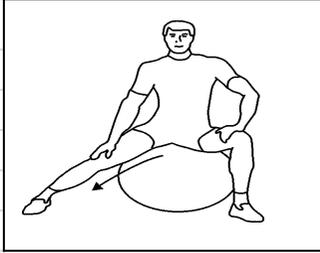
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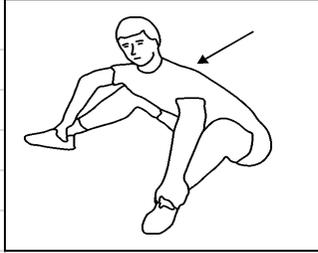
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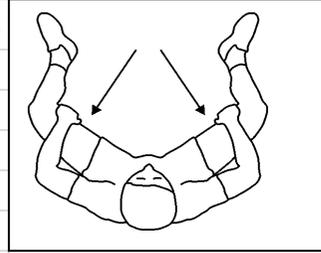
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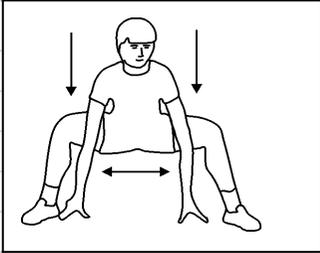
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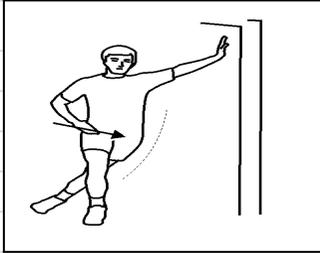
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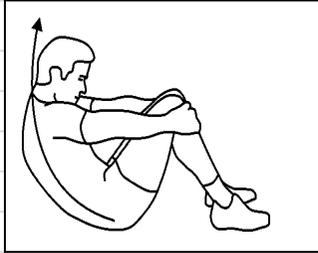
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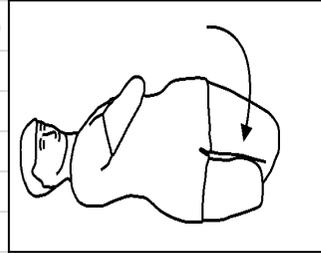
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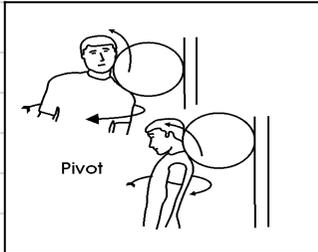
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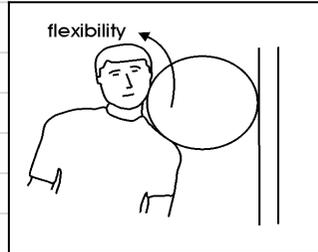
# FLEXIBILITÉ

Voici quelques étirements du haut du corps. Vous devez garder la position pendant 60 sec et vous répéter 3 fois chaque exercices.

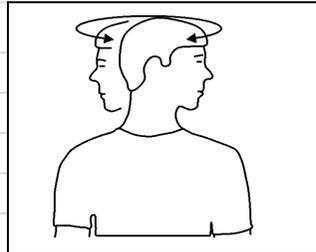
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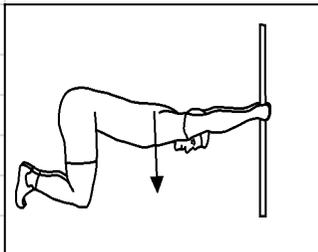
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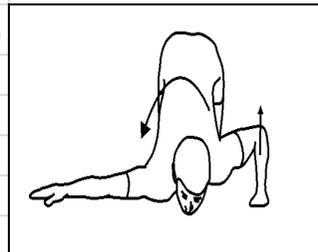
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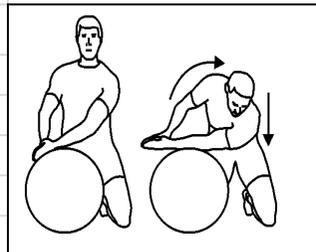
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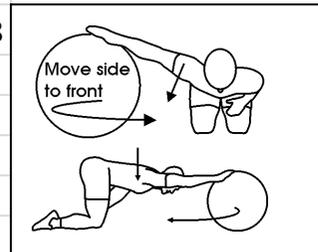
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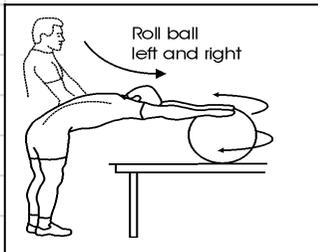
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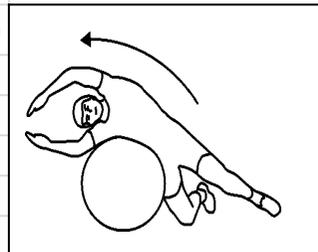
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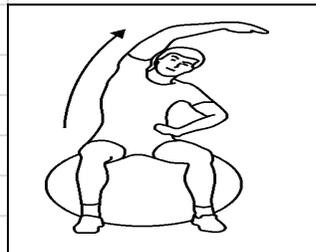
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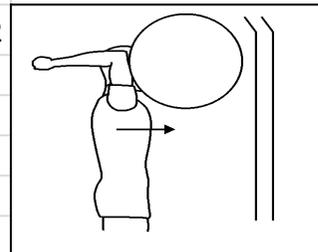
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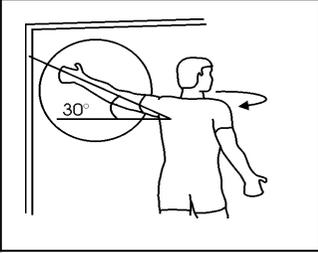
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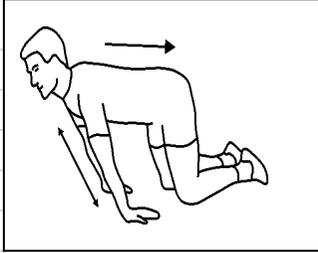
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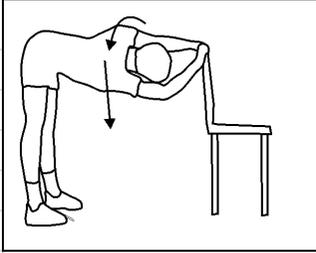
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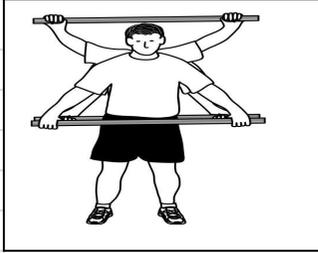
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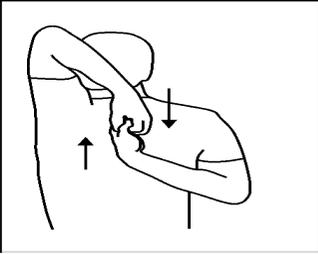
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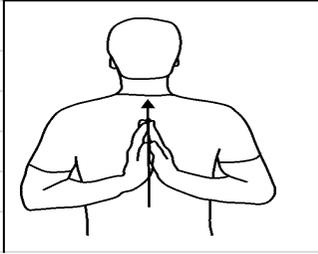
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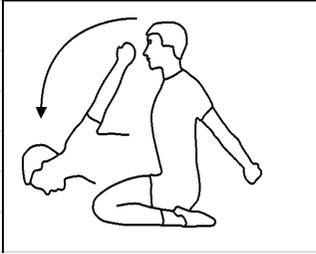
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