

3 x  
chaque  
coté

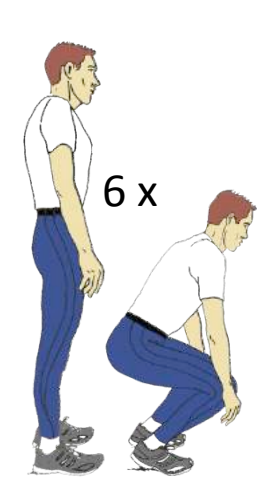
6 x



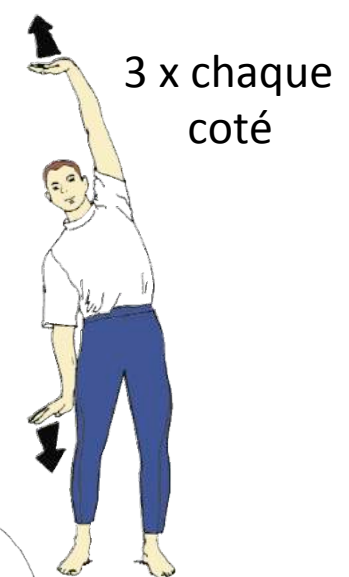
3 x  
chaque  
coté



6 x



6 x



3 x chaque  
coté



6 x



3 x chaque  
coté

Préparation musculaire, articulaire  
et proprioceptive  
4 à 5 minutes

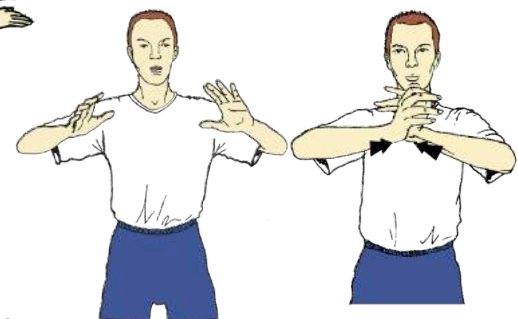
12 stations



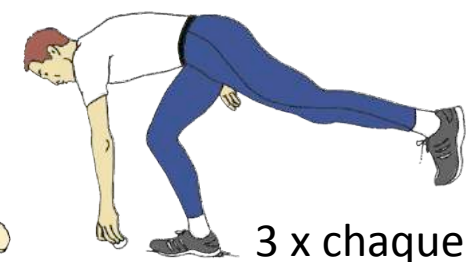
3 x chaque coté



6 x dans un sens  
6 x dans autre sens



6 x



3 x chaque  
coté