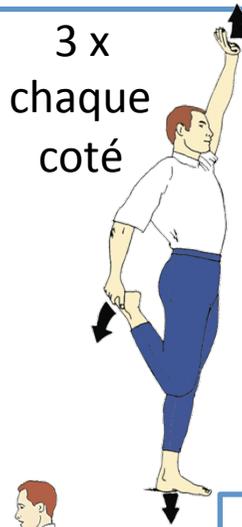
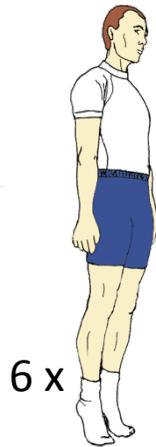


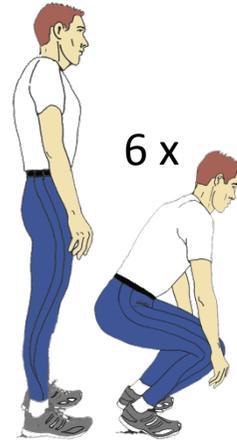
3 x
chaque
coté



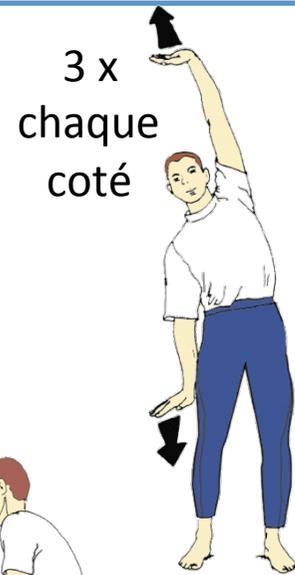
3 x
chaque
coté



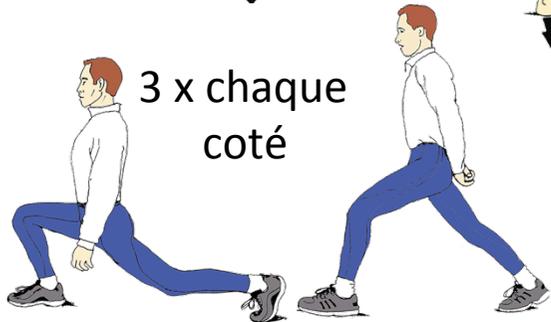
6 x



6 x

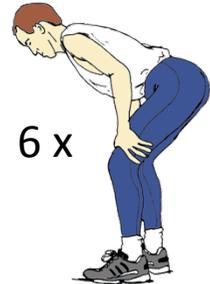


3 x
chaque
coté

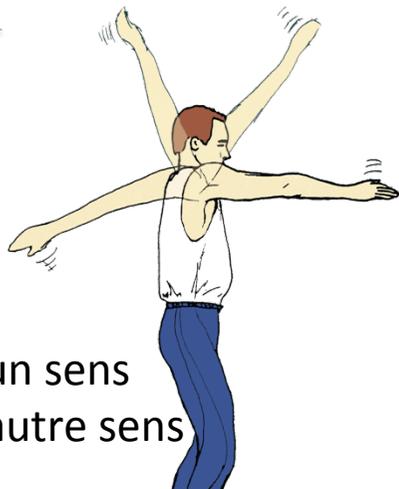


3 x chaque
coté

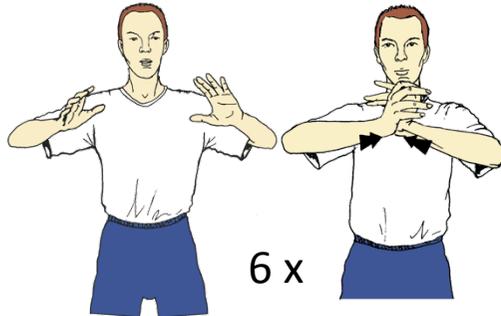
Eveil musculaire, articulaire
et proprioceptif
4 à 5 minutes
10 stations à enchaîner



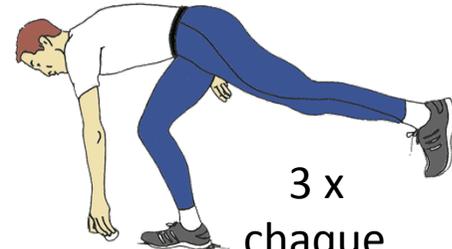
6 x



6 x dans un sens
6 x dans autre sens



6 x



3 x
chaque
coté