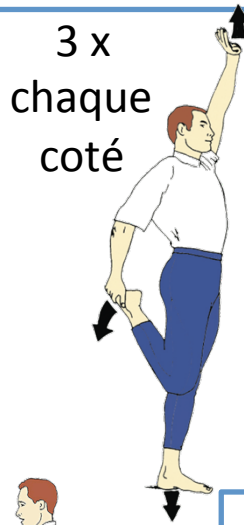


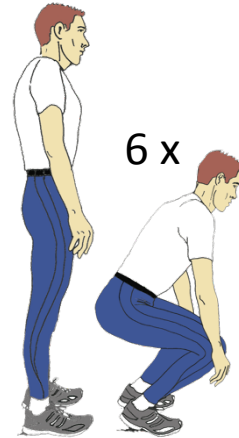
3 x  
chaque  
coté



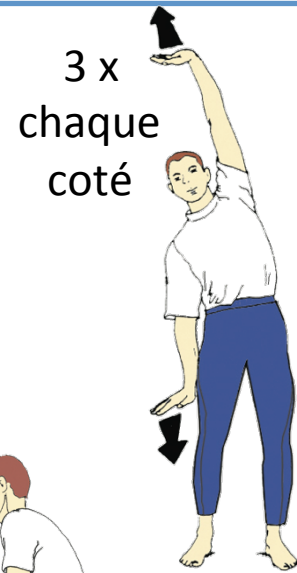
3 x  
chaque  
coté



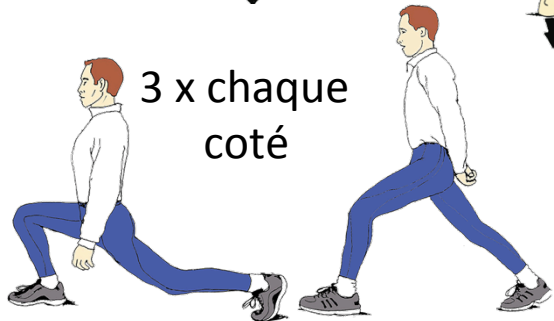
6 x



6 x

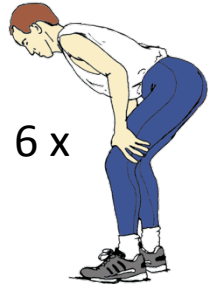


3 x  
chaque  
coté

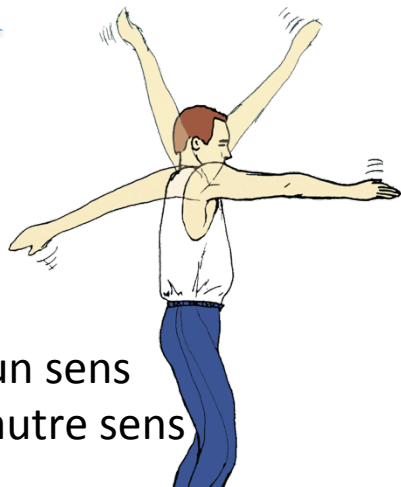


3 x chaque  
coté

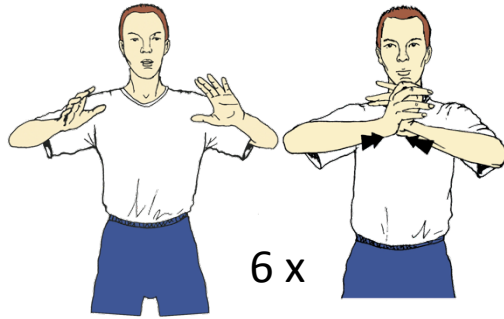
Eveil musculaire, articulaire  
et proprioceptif  
4 à 5 minutes  
10 stations à enchaîner



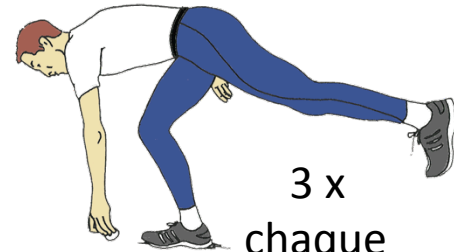
6 x



6 x dans un sens  
6 x dans autre sens



6 x



3 x  
chaque  
coté