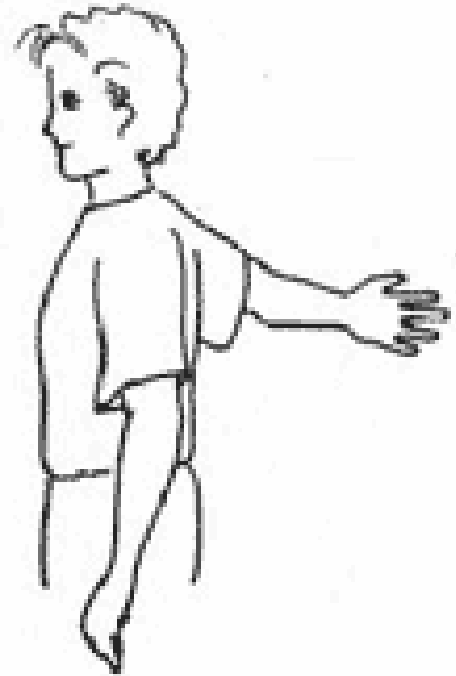
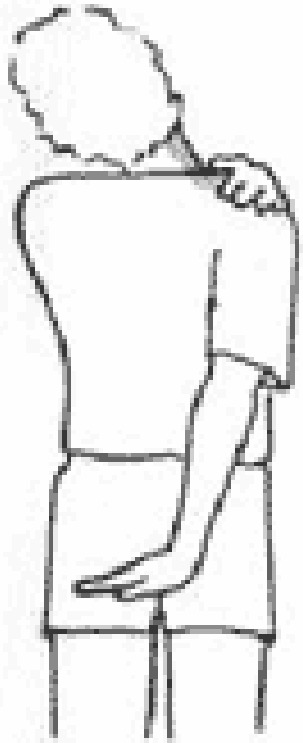
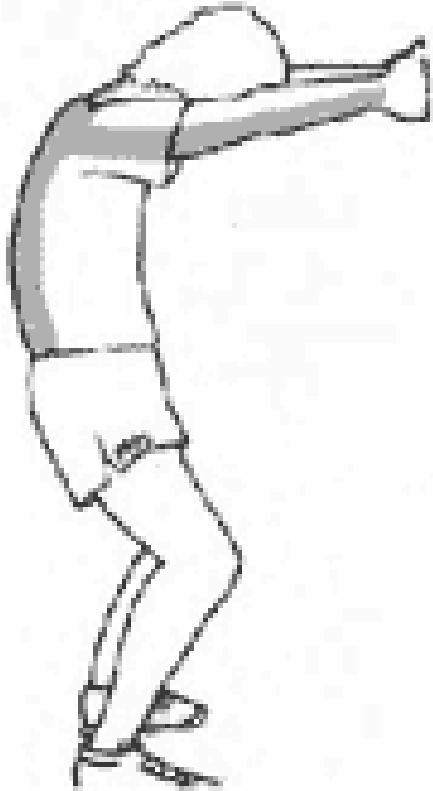


# **Routine étirements**

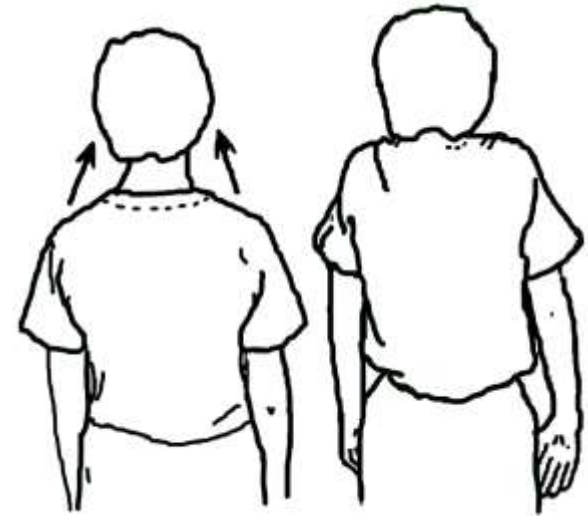
# Routine – Debout



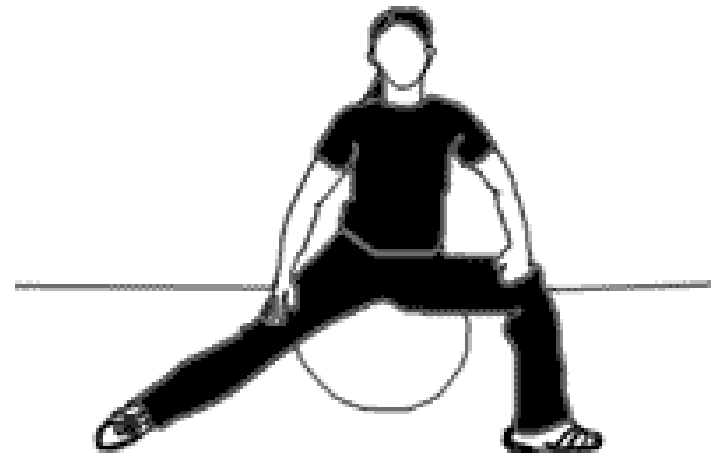
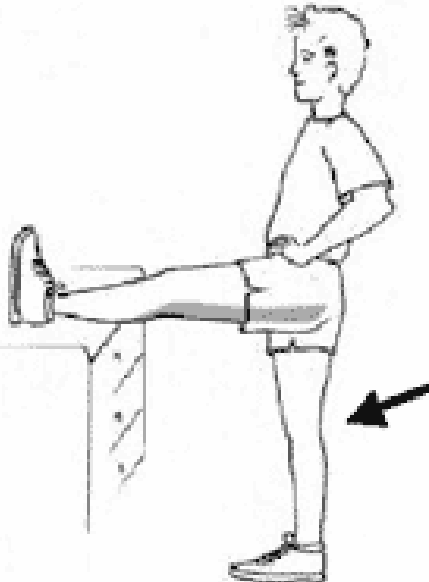
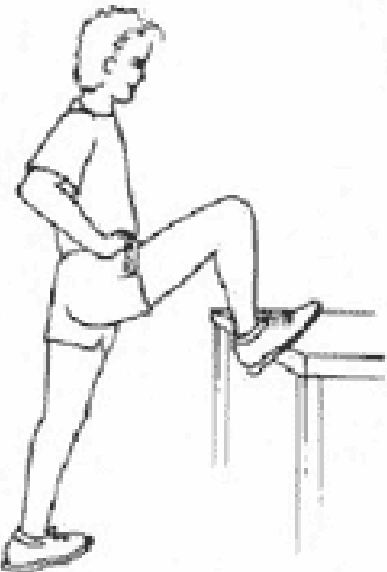
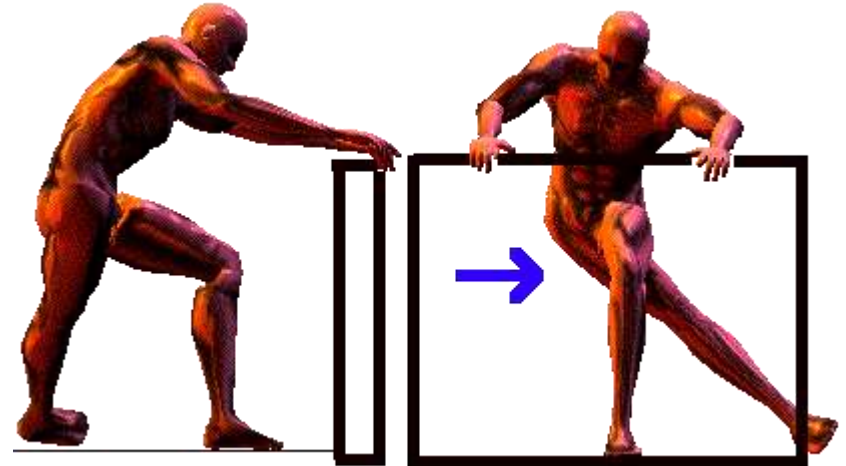
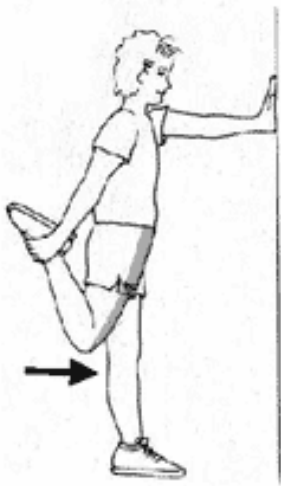
# Routine – Debout



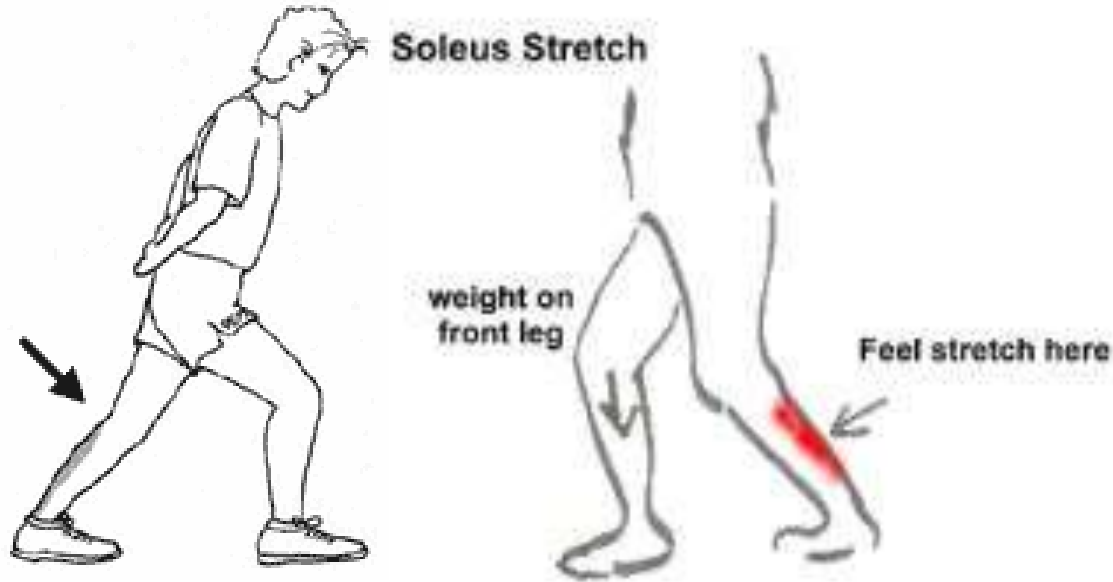
# Routine – Debout



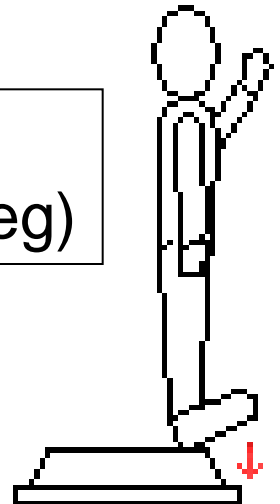
# Routine – Debout



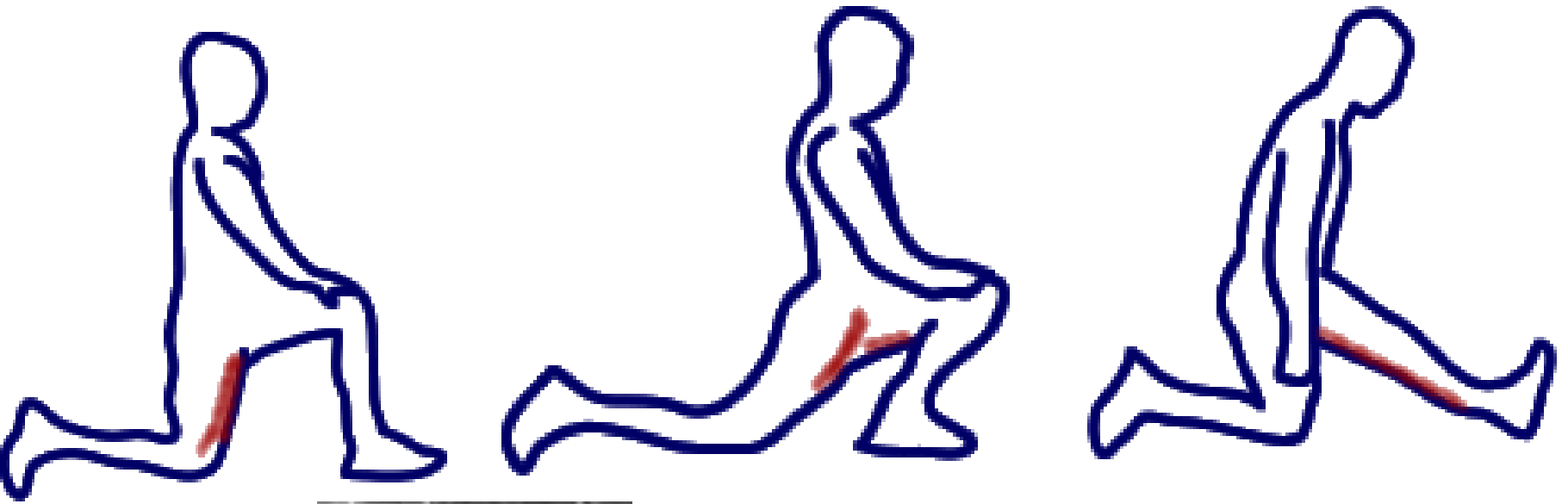
# Routine – Debout



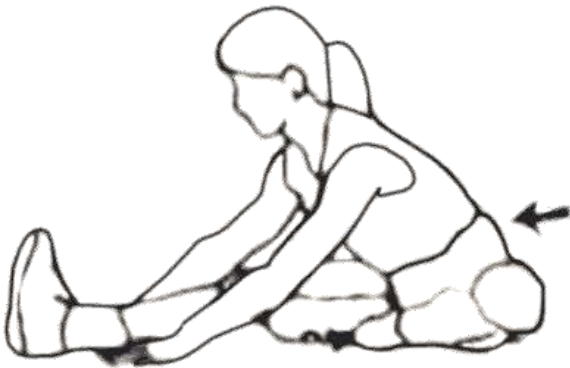
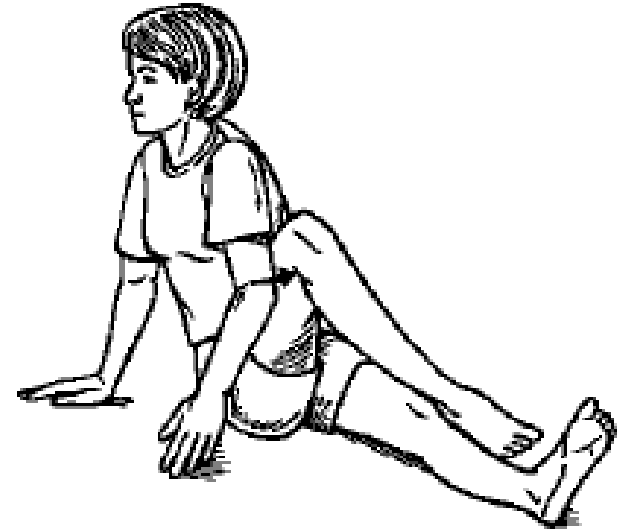
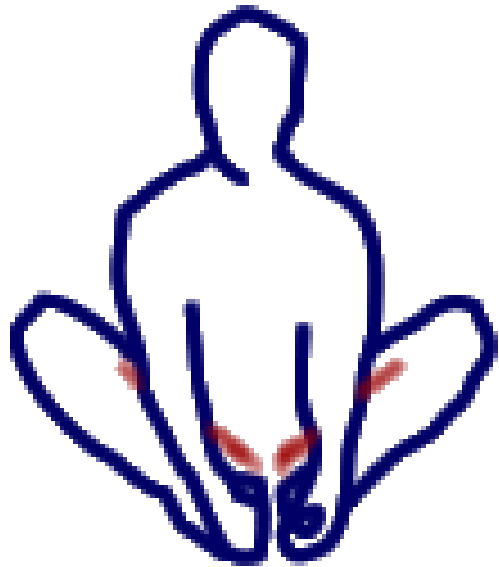
Wall shin raises  
(single or double leg)



# Routine – À genoux



# Routine – Assis

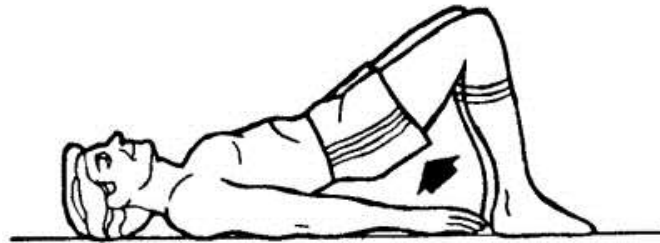




# Routine – Sur le dos



# Routine – Sur le dos



# Routine – Sur le ventre

