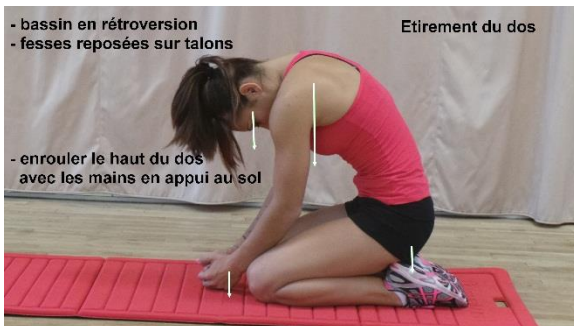
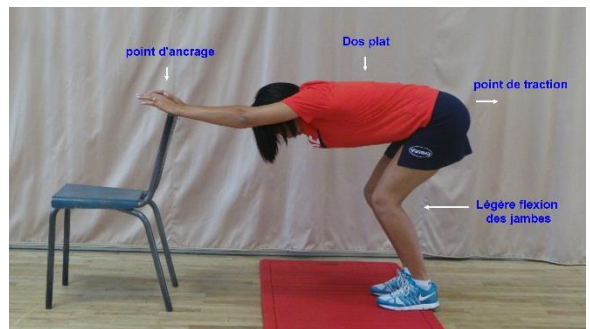
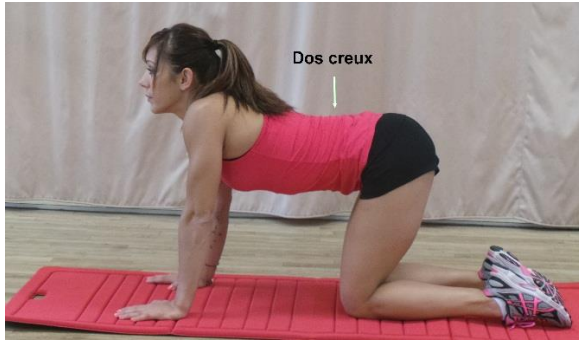
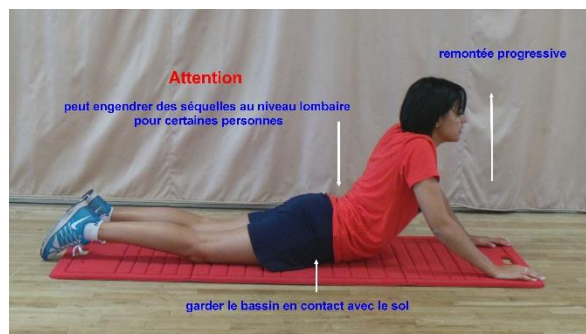


# Les Etirements

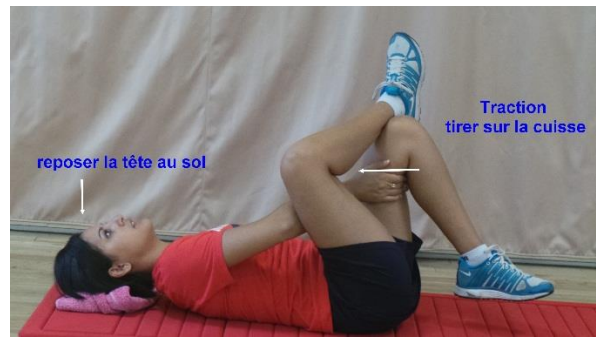
## Dos



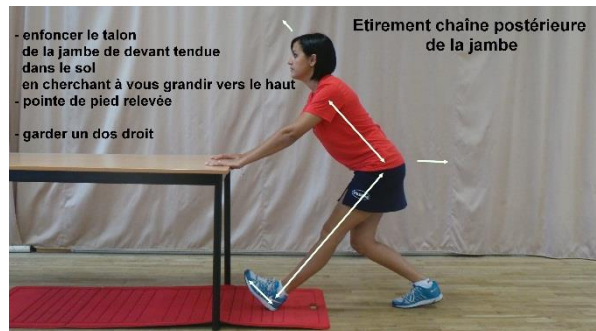
## Abdo



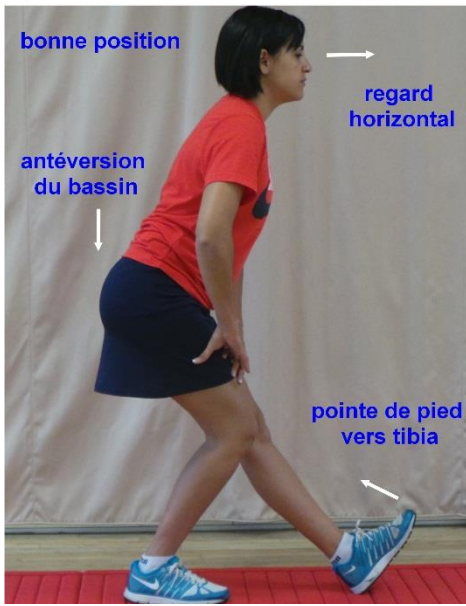
## Fessiers



## Ischio-jambier



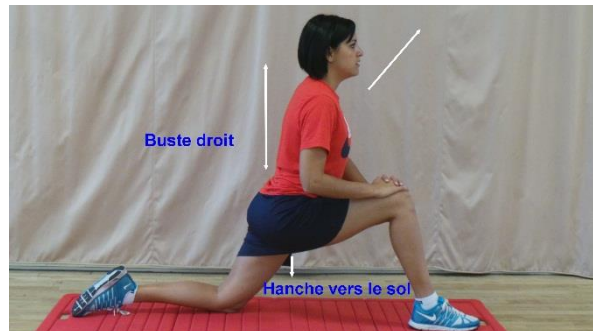
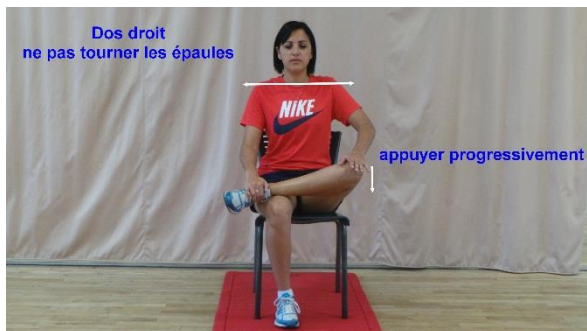




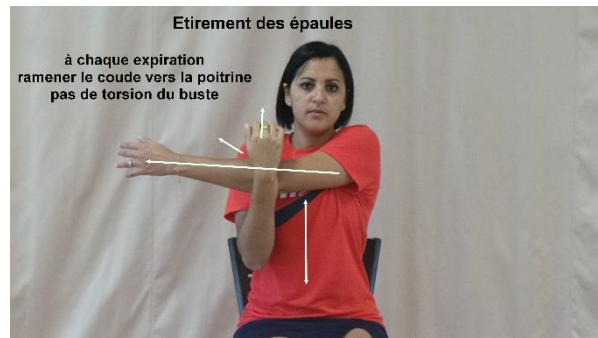
### Quadriceps



### Zone psoas/ pelvi



## Triceps



## Pectoraux

