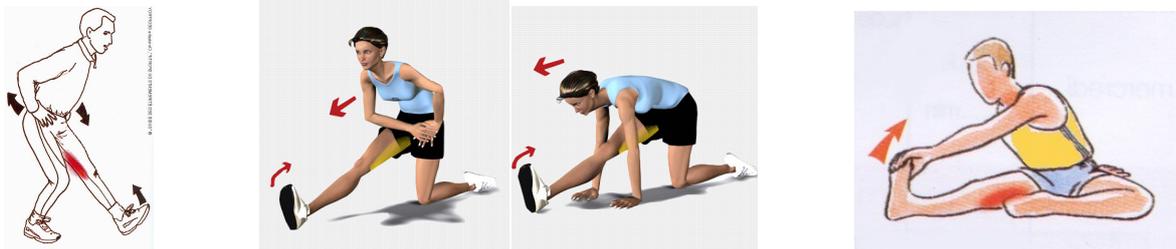


Les étirements

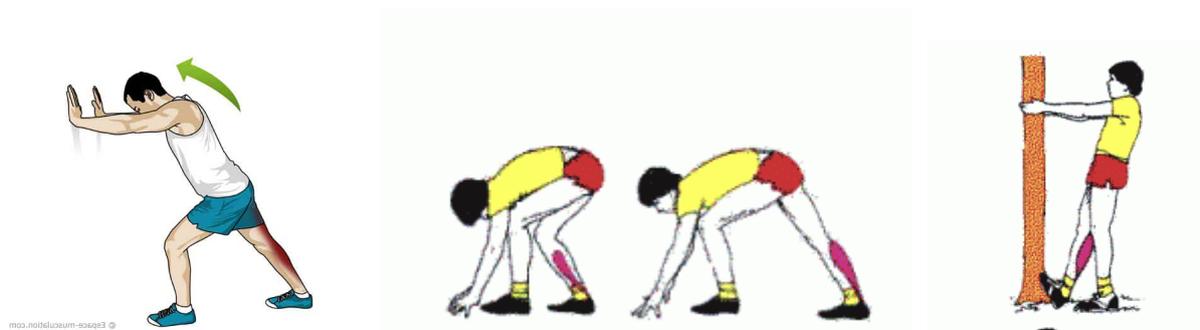
Les quadriceps :



Les ischio-jambiers :



Les mollets :



Las adducteurs :

