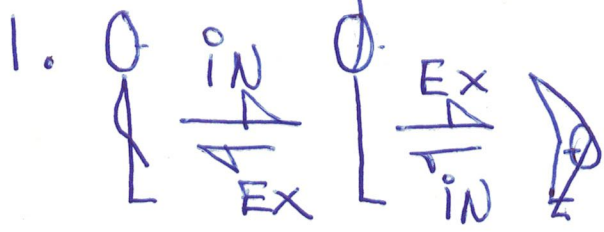


P#1

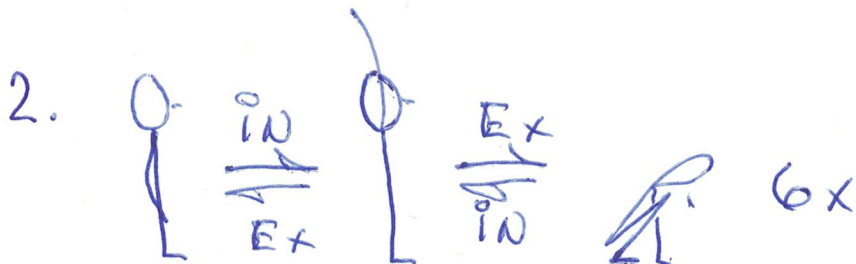
Observation

H-2019

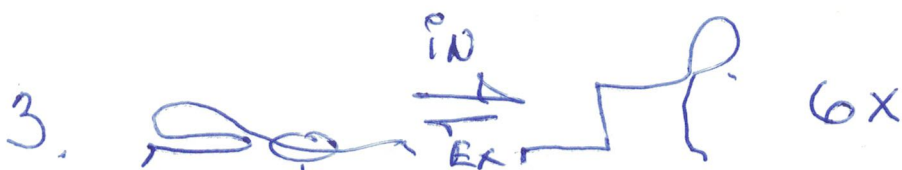


Flexion AVANT

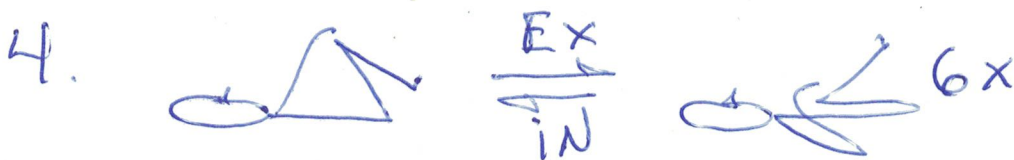
3 Series x 5 repetitions



6x



6x



6x

5. Détente Guidée

et Relaxation 10 minutes.