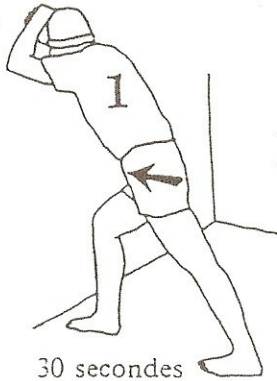


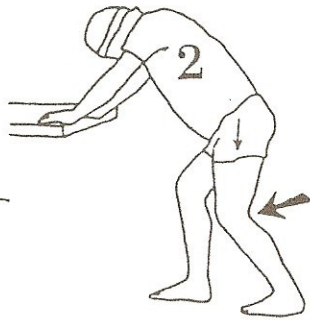
Avant

# La course à pied

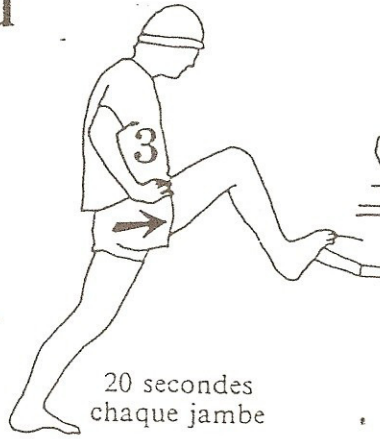
Environ 9 minutes



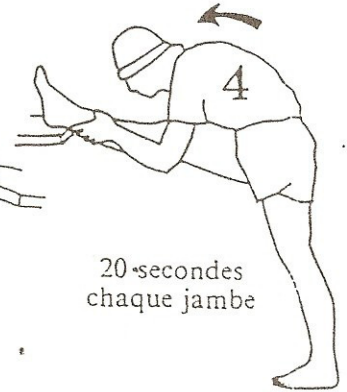
30 secondes  
chaque jambe



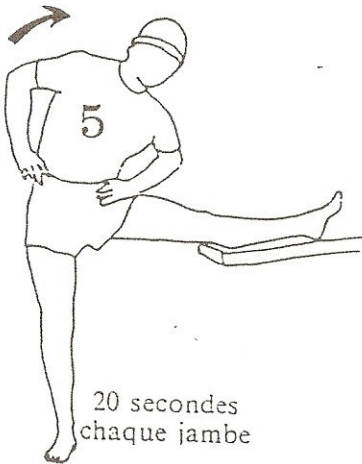
15 secondes  
chaque jambe



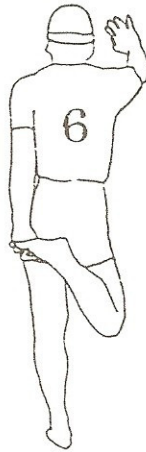
20 secondes  
chaque jambe



20 secondes  
chaque jambe



20 secondes  
chaque jambe



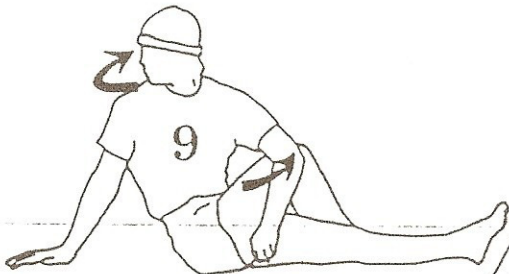
20 secondes  
chaque jambe



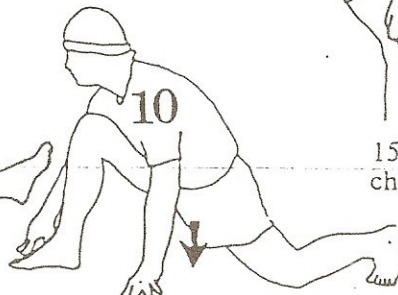
30 secondes



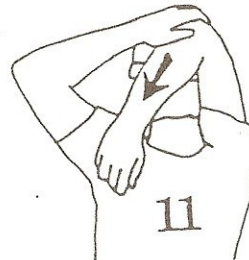
30 secondes



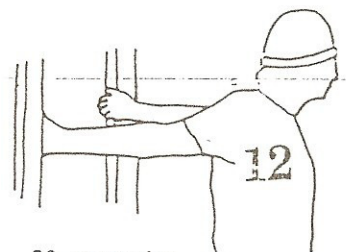
15 secondes  
de chaque côté



20 secondes  
chaque jambe



15 secondes  
chaque bras



20 secondes