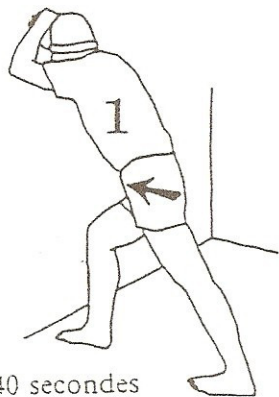


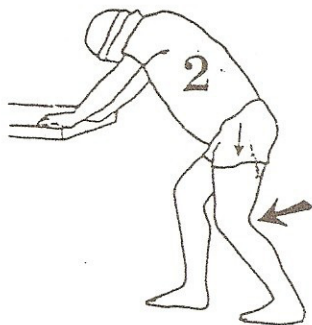
Après

La course à pied

Environ 9 minutes



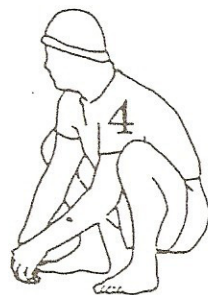
40 secondes
chaque jambe



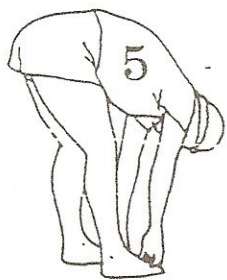
15 secondes
chaque jambe



30 secondes



20 secondes



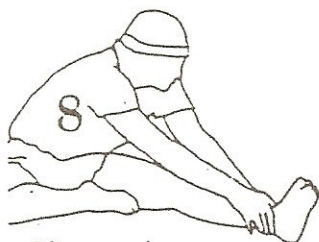
30 secondes



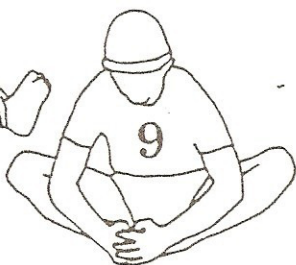
15 fois
dans chaque sens



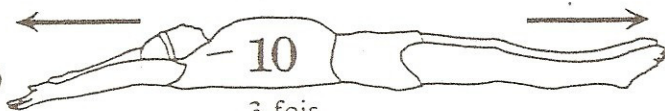
30 secondes
chaque jambe



30 secondes
chaque jambe



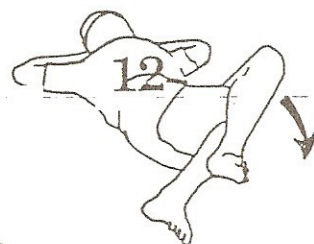
40 secondes



3 fois
5 secondes



60 secondes



25 secondes
de chaque côté