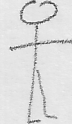
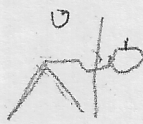


①  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  x 6 pointes des pieds.

②  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  x 6 de chaque côté

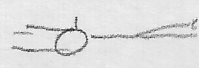
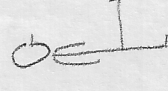
③  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \text{IN} \end{matrix}$  x 6

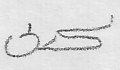
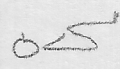
④  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \text{IN} \end{matrix}$  x 6 (torsion du bas)
bras tendus

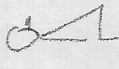
⑤  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \text{IN} \end{matrix}$  x 6 de chaque côté

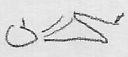
⑥ = ③

⑦ 

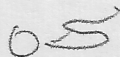
⑧  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \text{IN} \end{matrix}$  x 6 de chaque côté

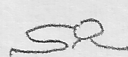
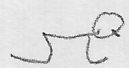
⑨  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  x 6 R.

⑩  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  x 6 R + 1 R dans la posture

⑪  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  x 6

⑫  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  x 6 (cobra)
avec mains sur les fesses
pour activer les omoplates

⑬  x 6

⑭  $\begin{matrix} \text{IN} \\ \text{EX} \end{matrix}$  ⑮ 