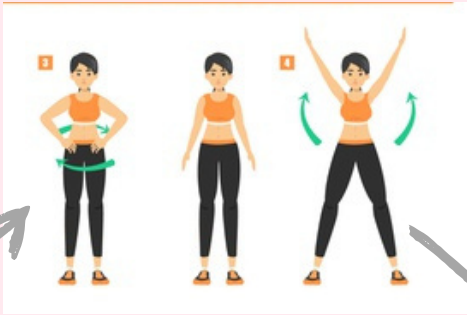


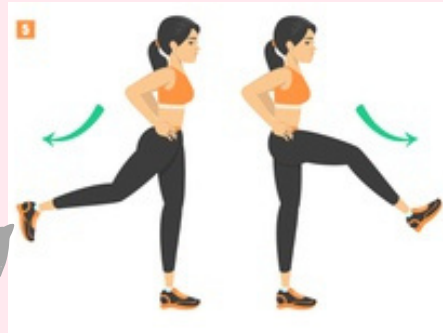
La marche guidée



**JUMPKIN JACK 1
MINUTE**



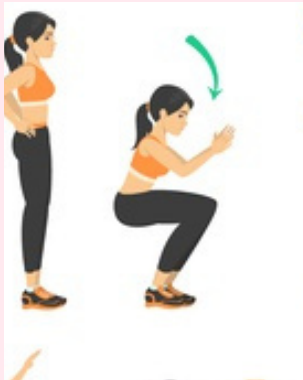
**BALANCE JAMBES 2
MINUTES**



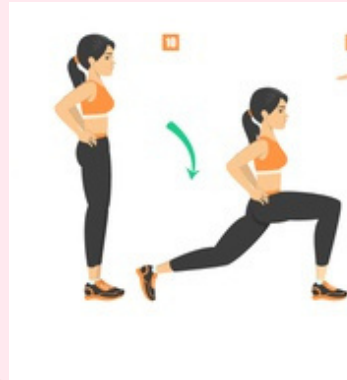
MARCHER 12 MINUTES

MARCHER 6 MINUTES

SQUAT 1 MINUTE



FENTES 2 MINUTES



MARCHER 6 MINUTES

MARCHER 6 MINUTES

RETOUR 12 MINUTES



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