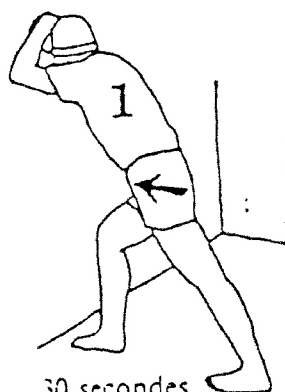


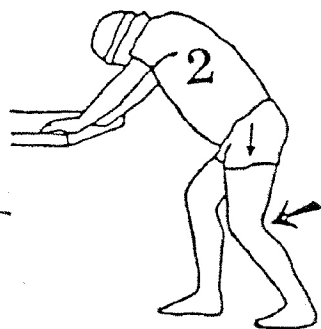
Avant

La course à pied

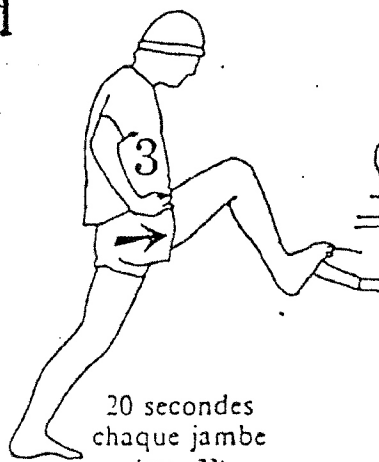
Environ 9 minutes



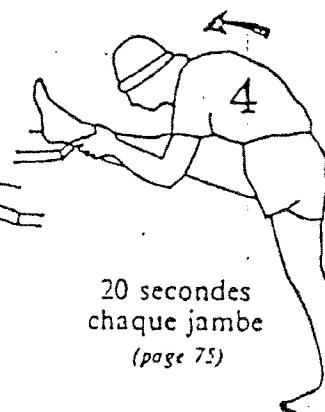
30 secondes
chaque jambe
(page 71)



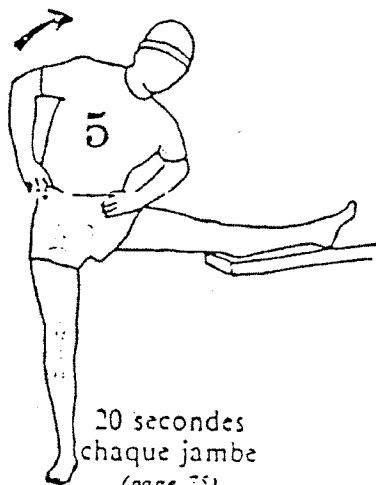
15 secondes
chaque jambe
(page 71)



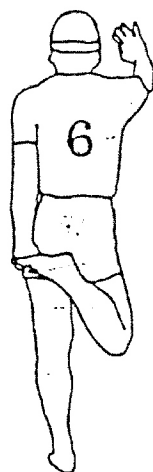
20 secondes
chaque jambe
(page 73)



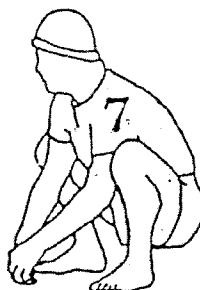
20 secondes
chaque jambe
(page 75)



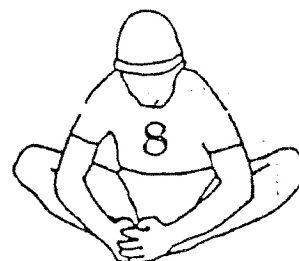
20 secondes
chaque jambe
(page 75)



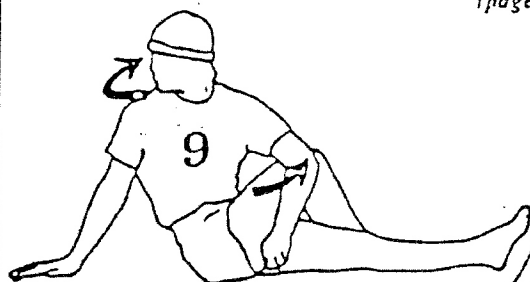
20 secondes
chaque jambe
(page 74)



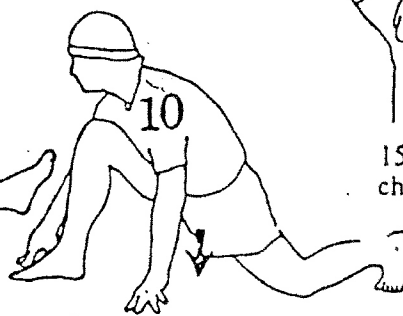
30 secondes
(page 65)



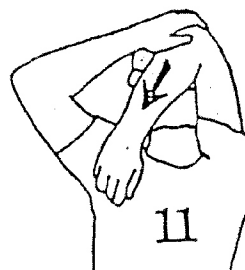
30 secondes
(page 56)



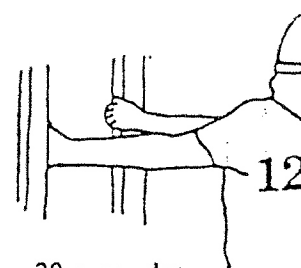
15 secondes
de chaque côté
(page 59)



20 secondes
chaque jambe
(page 48)



15 secondes
chaque bras
(page 41)



20 secondes
(page 44)