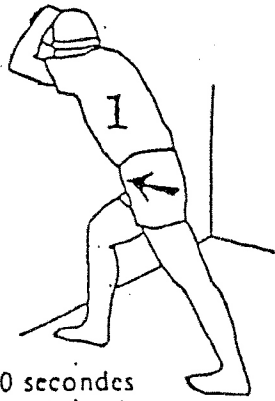


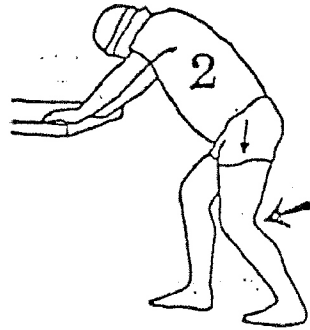
Après

# La course à pied

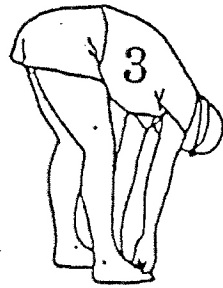
Environ 9 minutes



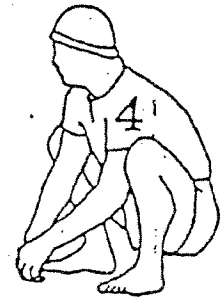
40 secondes  
chaque jambe  
(page 71)



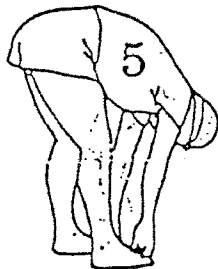
15 secondes  
chaque jambe  
(page 71)



30 secondes  
(page 52)



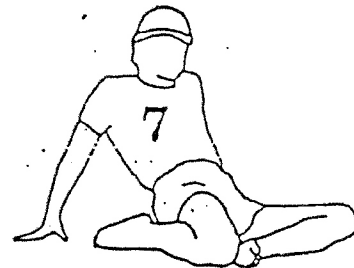
20 secondes  
(page 65)



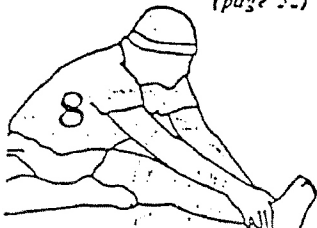
30 secondes  
(page 52)



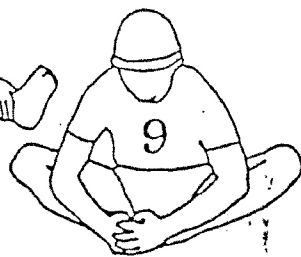
15 fois  
dans chaque sens  
(page 31)



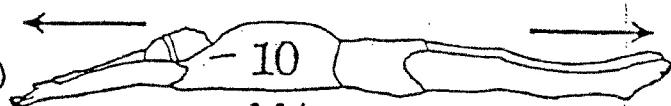
30 secondes  
chaque jambe  
(page 33)



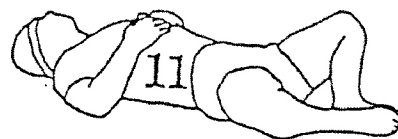
30 secondes  
chaque jambe  
(page 56)



40 secondes  
(page 56)



3 fois  
5 secondes  
(page 28)



60 secondes  
(page 24)



25 secondes  
de chaque côté  
(page 24)