

## Etirements simples des jambes



20 secondes  
chaque jambe



40 secondes



20 secondes  
chaque jambe



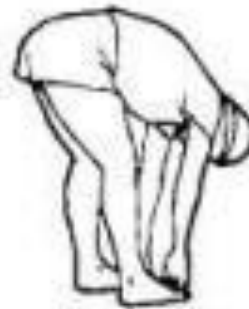
20 secondes  
chaque jambe



25 secondes de chaque côté



15 secondes chaque jambe



30 secondes

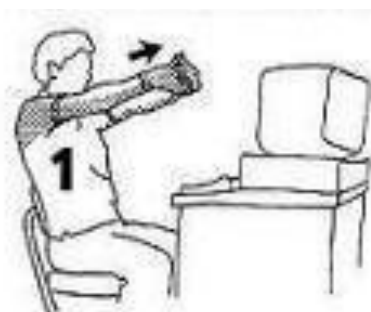


30 secondes chaque jambe



15 secondes de chaque côté

## Etirements simples des bras



10-20 seconds  
2 times



10-15 seconds



6-10 seconds  
each side



15-20 seconds



3-5 seconds  
3 times



10-12 seconds  
each arm



10 seconds



10 seconds



9



10



11



12

# Etirements simples du dos et des abdominaux

