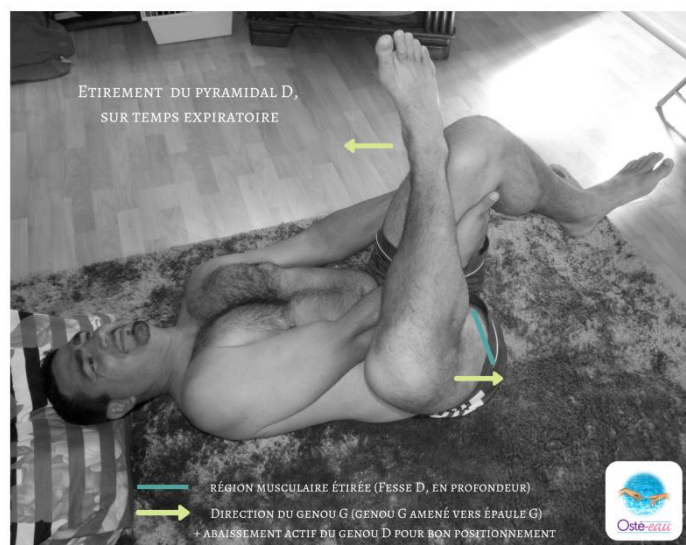
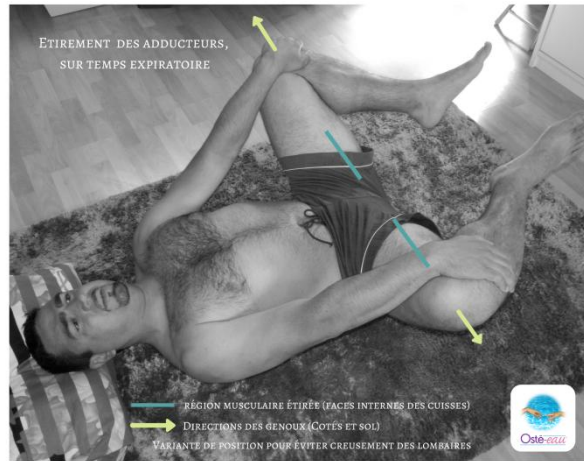


## Etirements - lombaires et bassin





+ Étirement des quadriceps (debout)