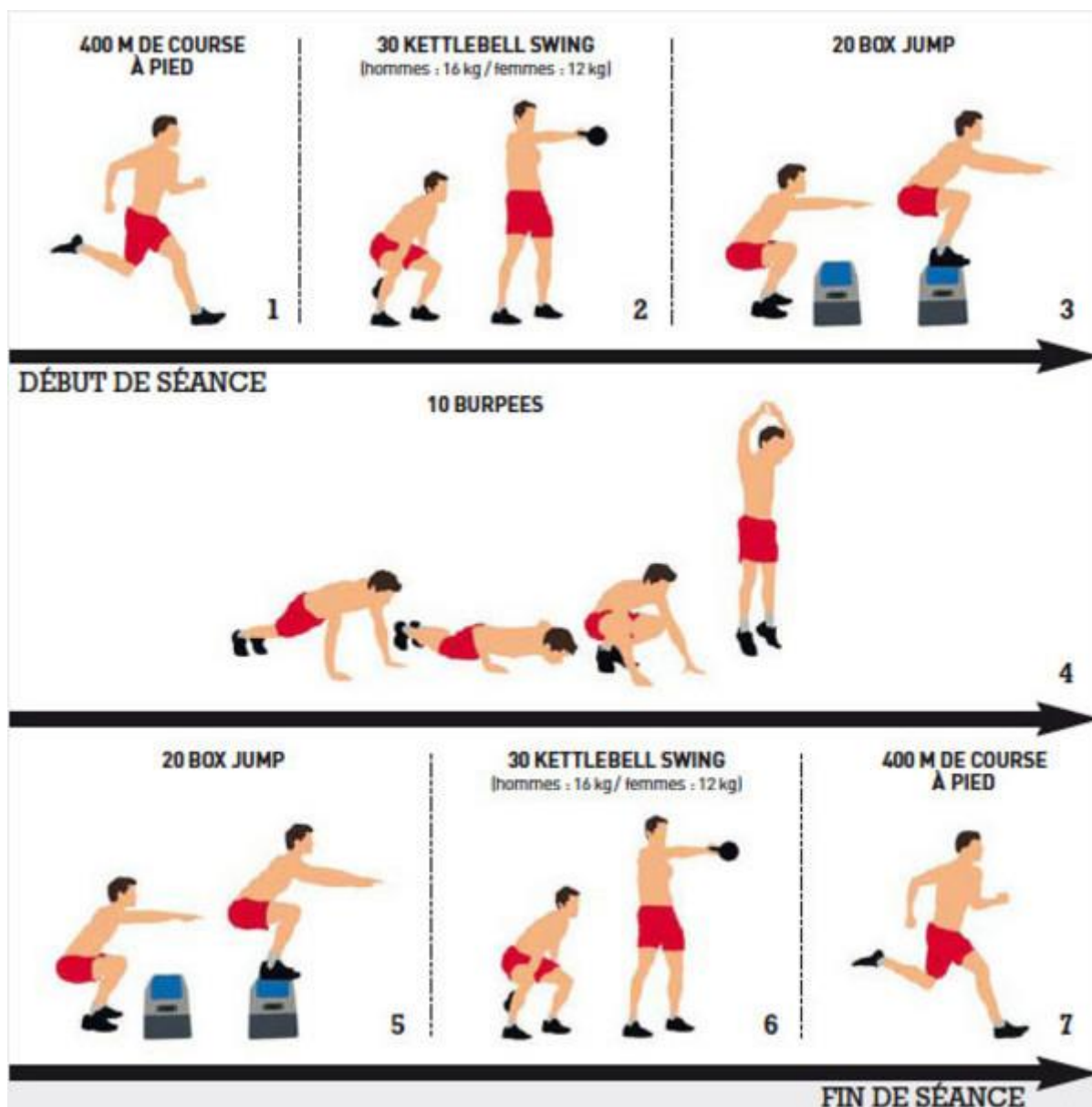
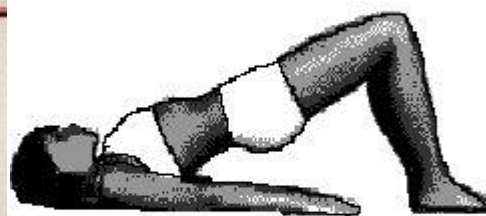


Fiche thématique entraînement PPG Respecter les alignements









Gainage Dos





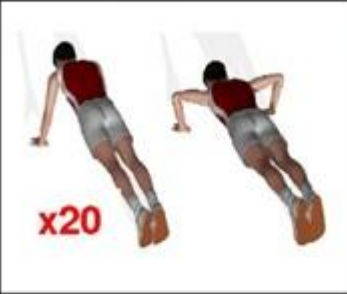











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GAINAGE – SEANCE TYPE

 <p>x20</p>	 <p>x30</p>	 <p>30"</p>
 <p>x20</p>	 <p>x20</p>	 <p>60"</p>
 <p>x20</p>	 <p>45"</p>	 <p>45"</p>
 <p>45"</p>	 <p>60"</p>	 <p>x20</p>

