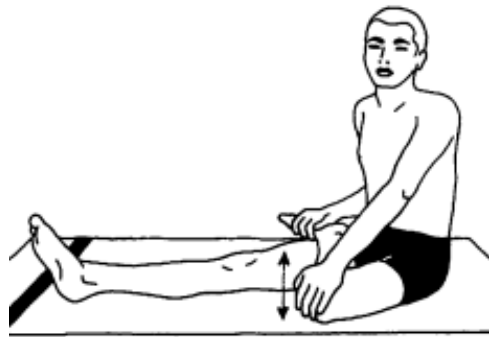
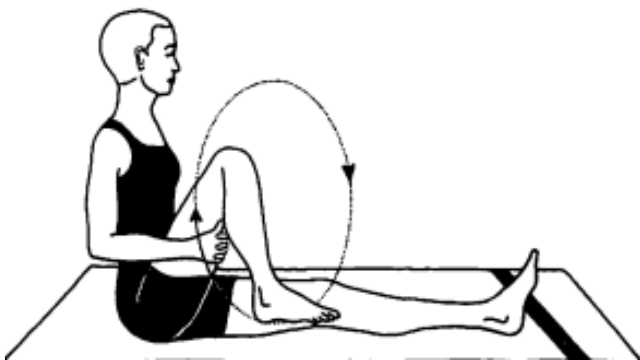
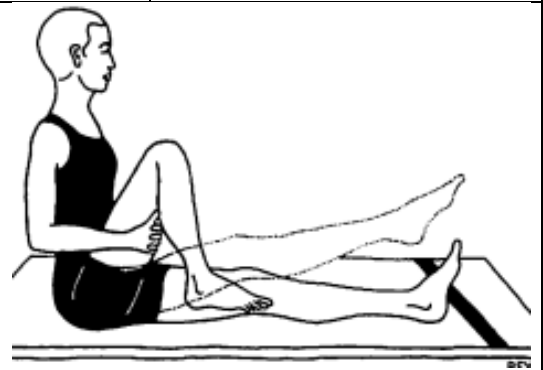
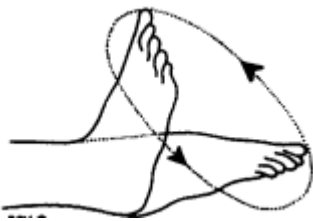
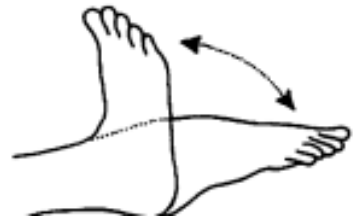
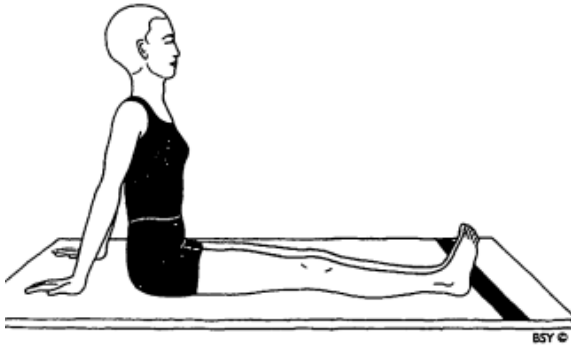


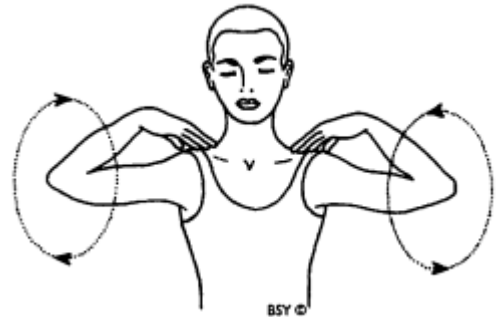
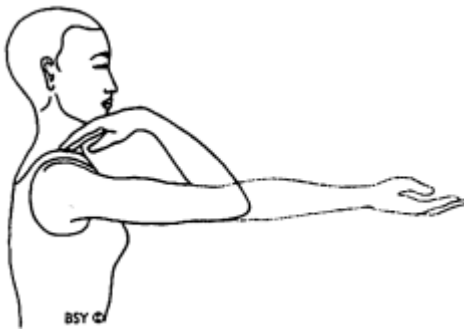
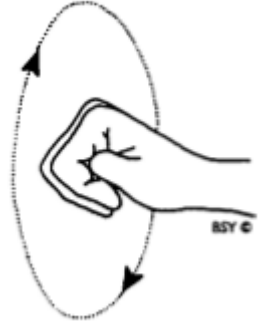
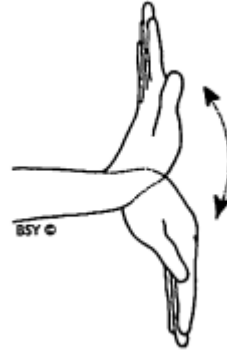
## Exercices préparatoires

Position de base





Stage 2



Stage 1



Stage 2



Stage 3



Stage 4