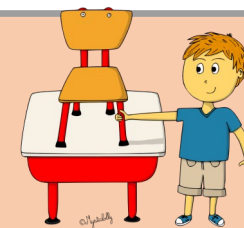




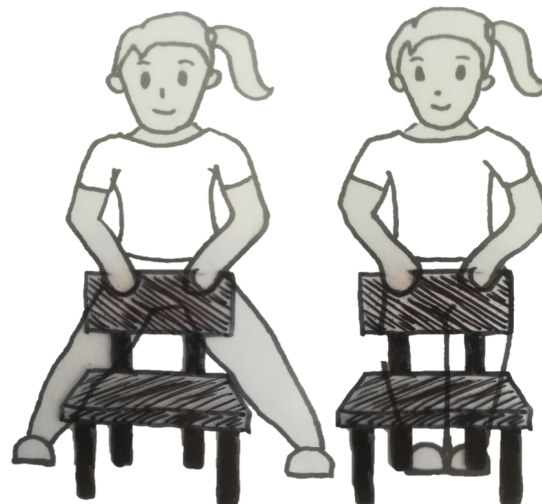
Pause active avec notre chaise



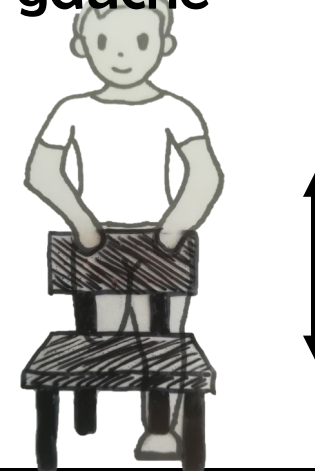
10 sauts de côté



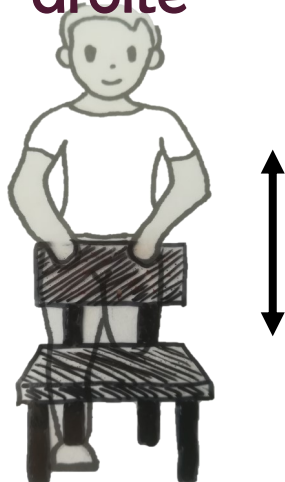
10 jumping jack



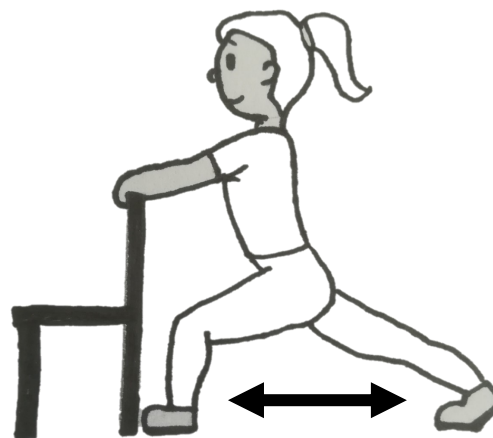
10 sauts sur la jambe
gauche



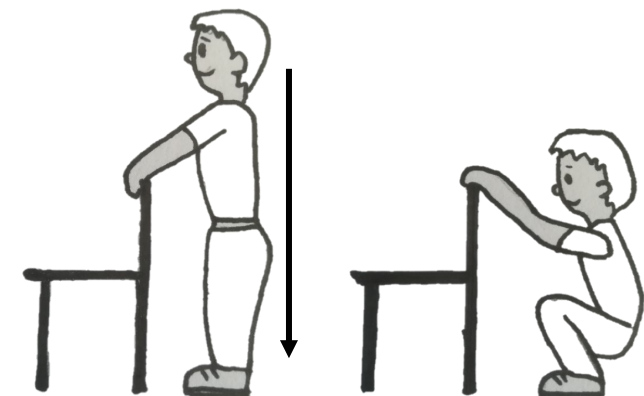
10 sauts sur la jambe
droite



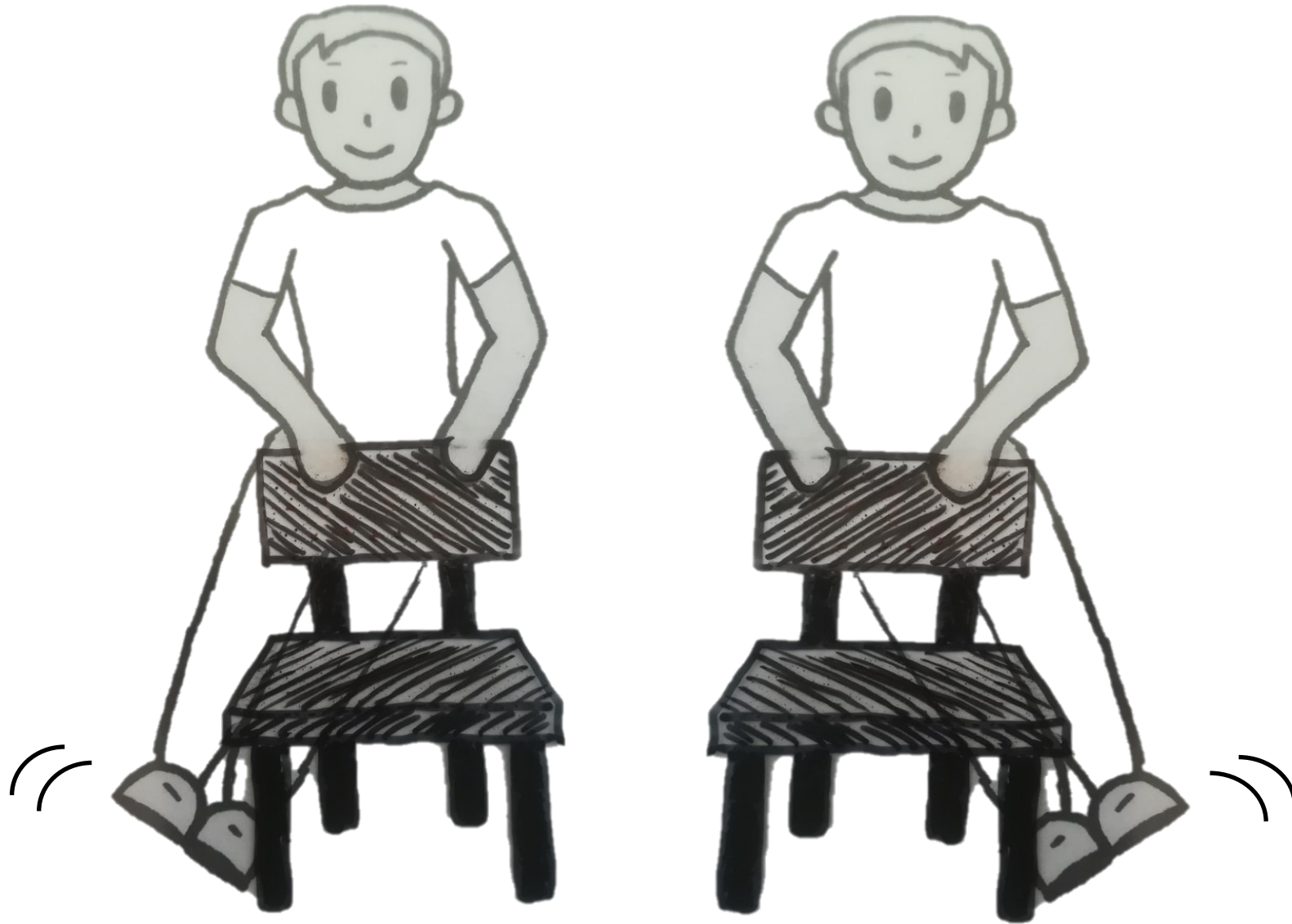
10 fentes



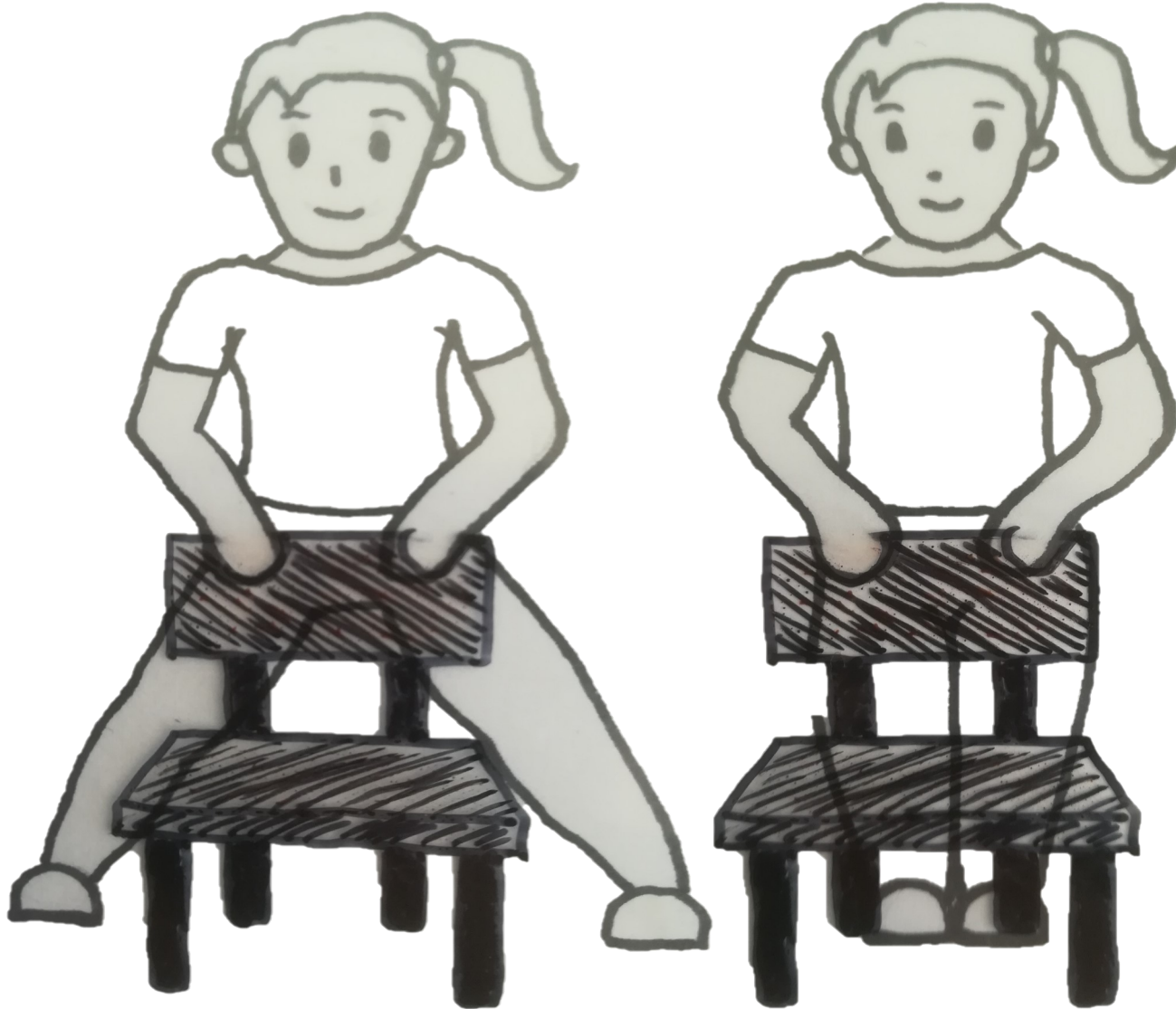
10 montées descentes



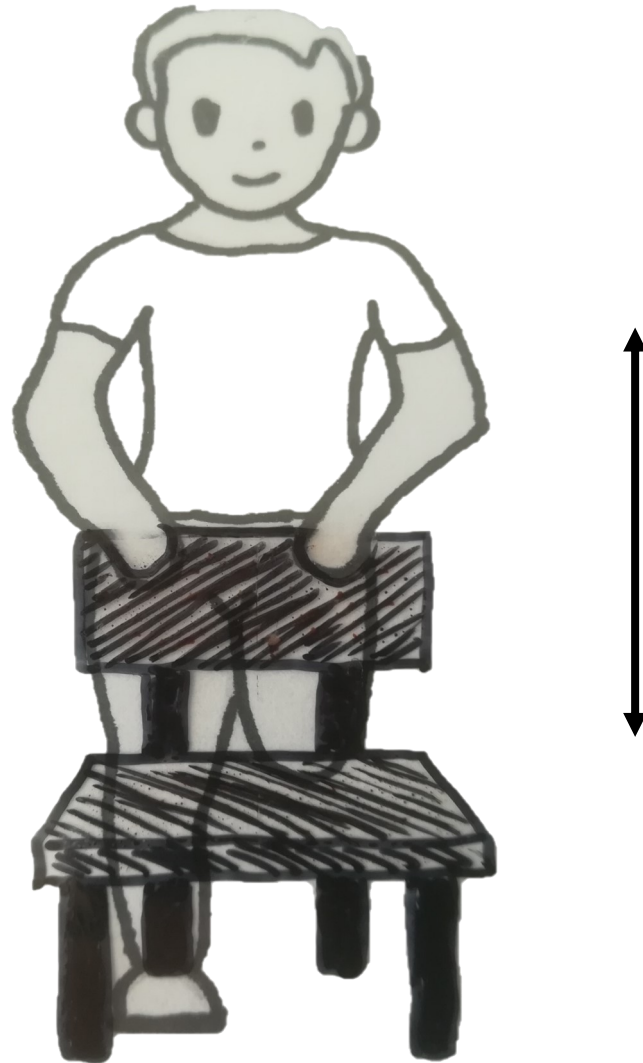
10 sauts de côté



10 jumping jack



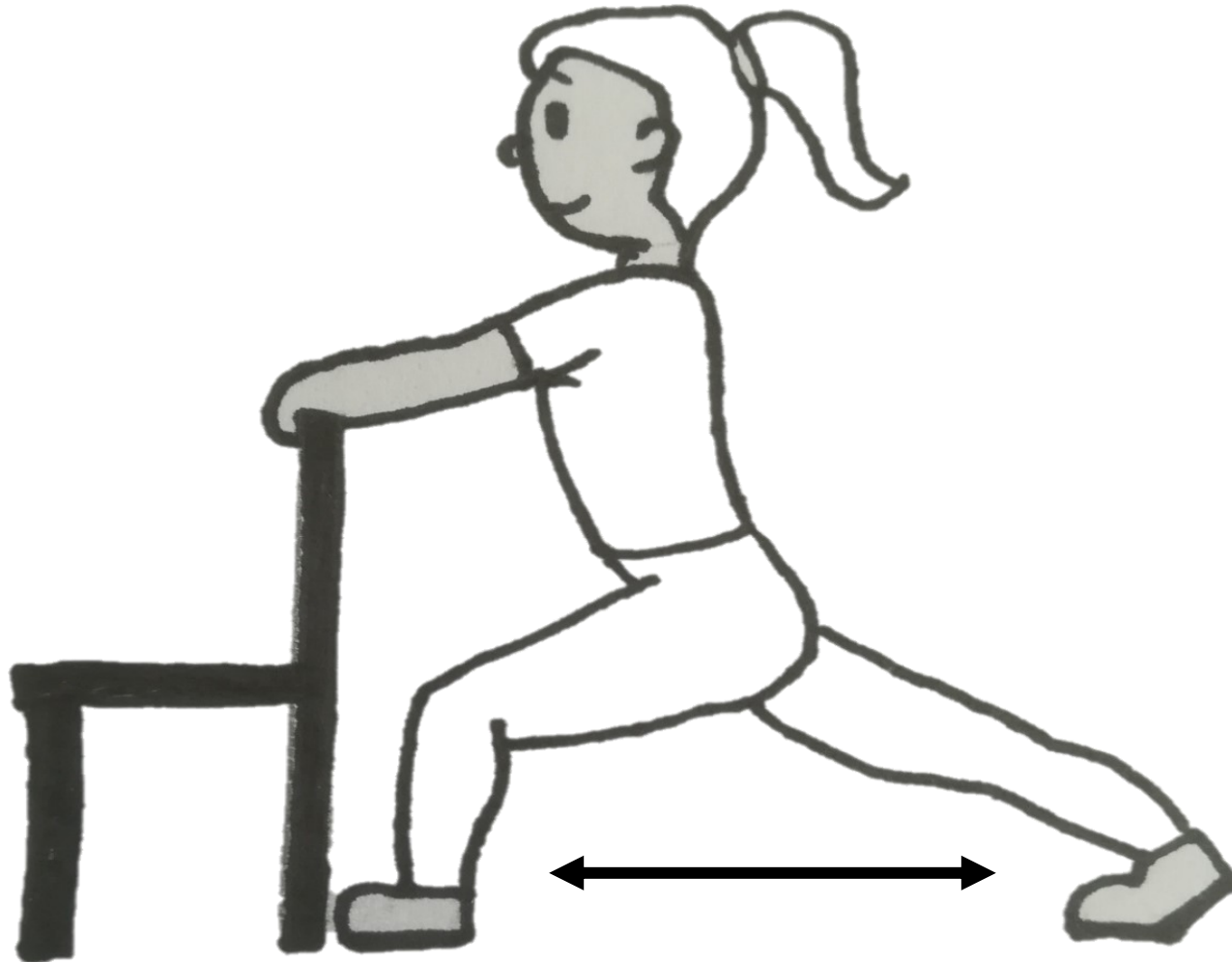
10 sauts sur la jambe droite



10 sauts sur la jambe gauche



10 fentes



10 montées descentes

