

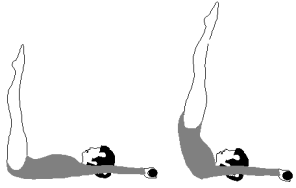


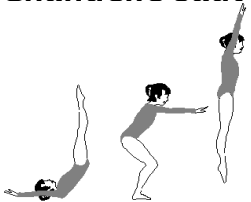


PPG N°1

EXERCICE	Séries	Répétitions
Gainage coude 	2	Σ 20 ^{''}
Extension buste 	1	Σ 20
Chandelle espalier 	2	Σ 7
Micro pompe 	2	Σ 10
Corde 	1	
Chandelle saut 	2	Σ 7