
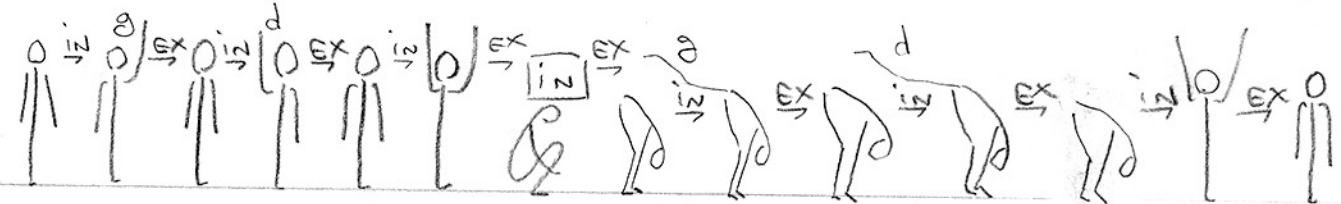
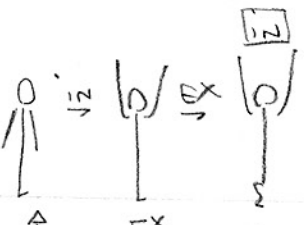
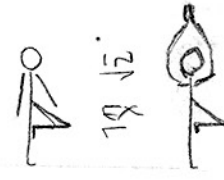
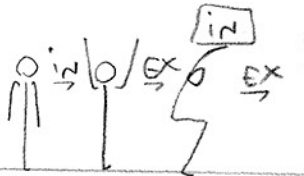


1.  - oscillat° ant/arrière
 " d/g
 - petits arcs


2.  x4

3.  x5
 + aqes respirato
 en statique


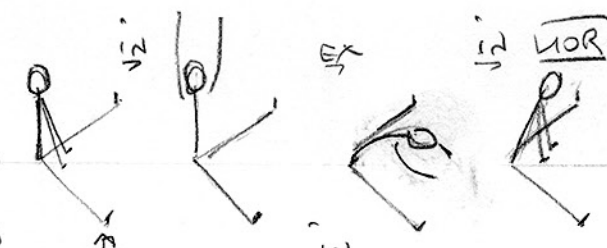
4.  expérimenter aqes fois (g+d)
 en restant aqes respirato
 bras le long du corps, puis
 en l'air

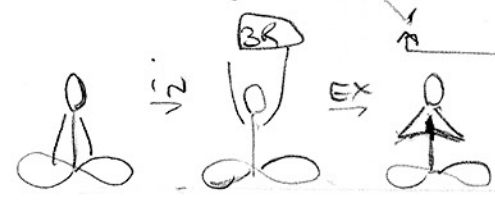
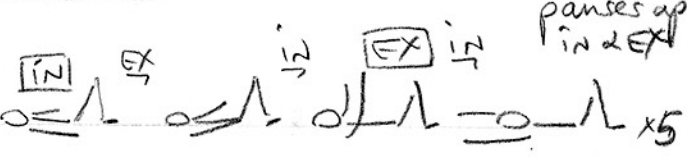
5.  x4
 remonter en
 démontant la colonne


6.  x5/6


7.  (g+d) x3 en dynamique
 (g+d) x3 URI de la posture

8. 

REPOS  9.  redresser la colonne
 à l'INS.

10.  x3
 11.  panses ap
 IN & EX x5

12.  (g+d) x2
 + rotat°o
 bassin

13.  x6

 +  • ancrer les ischions
 • observer le trajet du souffle