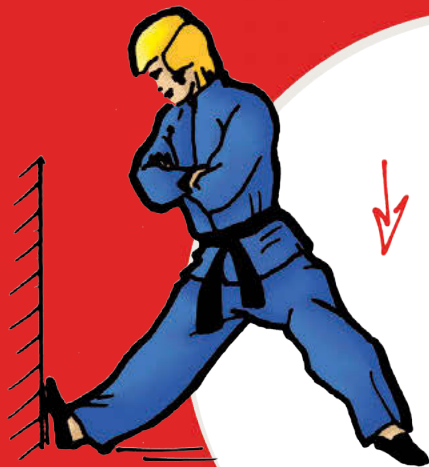
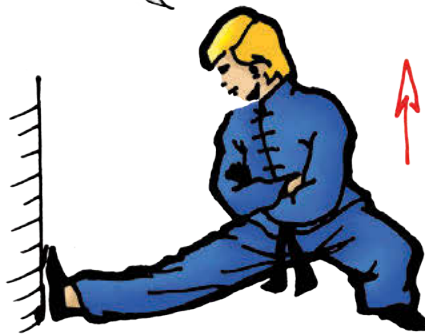


LES ASSOUPPLISSEMENTS

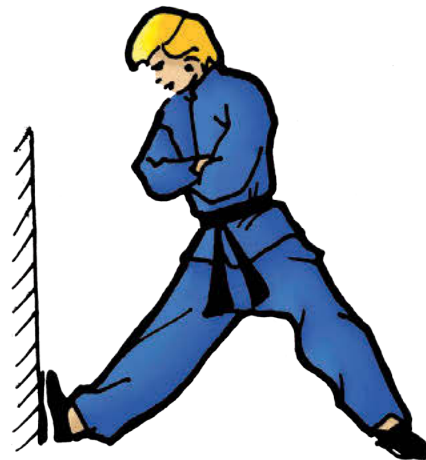
JE BLOQUE MON PIED DROIT
CONTRE UN MUR.

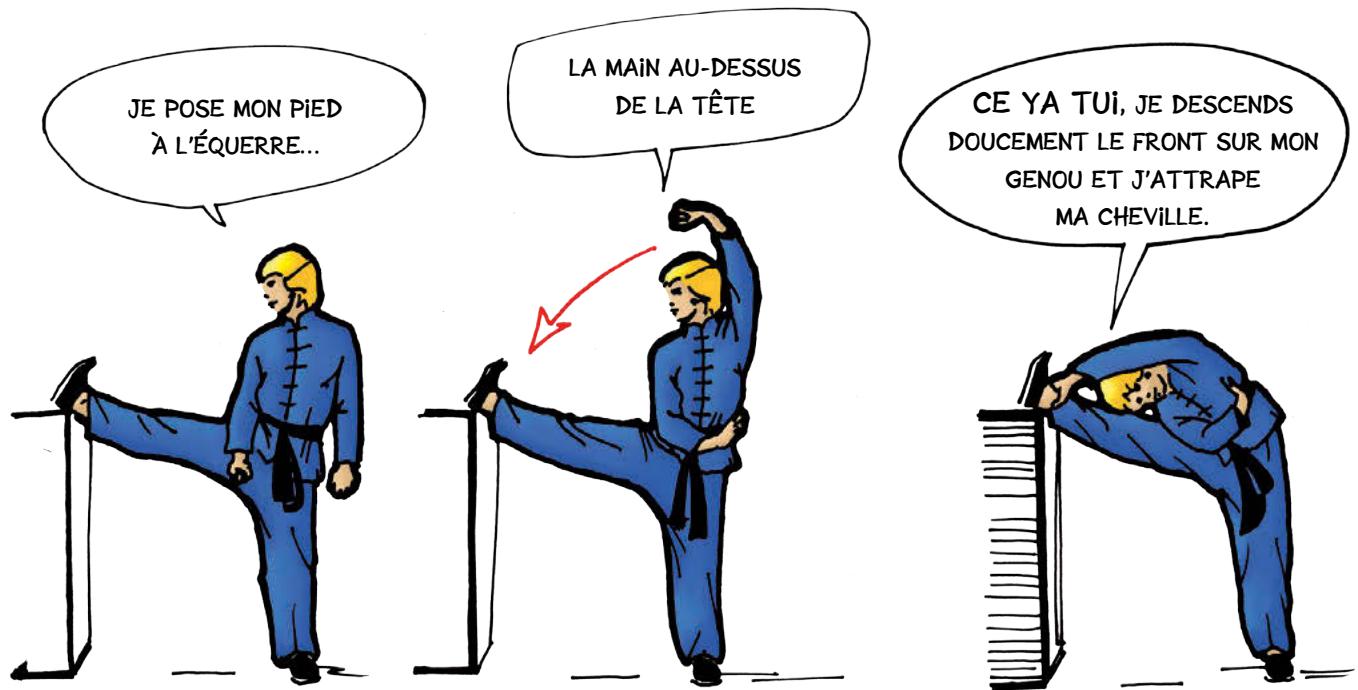


DESCENDRE
SUR
LA JAMBE D'APPUI...

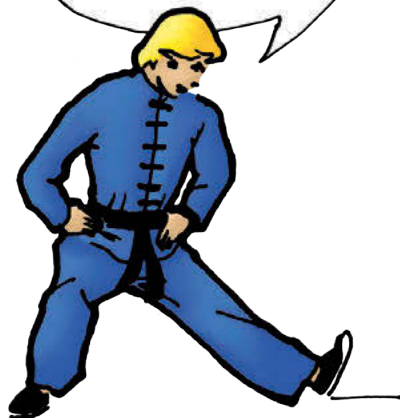


REMONTER ET AINSI DE SUITE
PLUSIEURS FOIS.

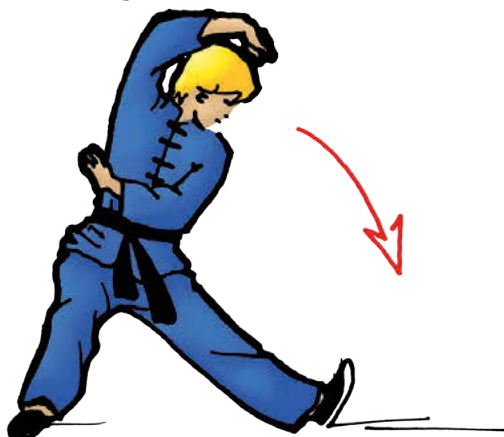




EN POSITION
CE DIYA TUI.

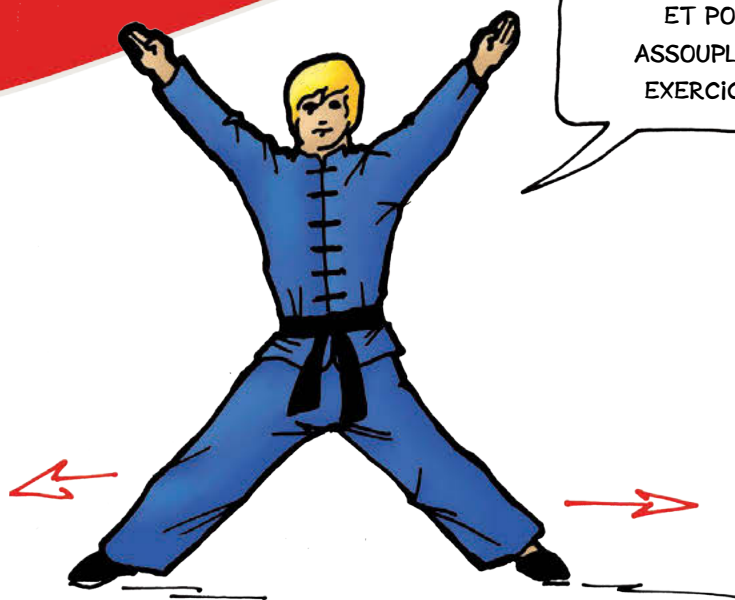


BRAS EN ROTATION



ET DESCENDRE LENTEMENT
SUR LA JAMBE TENDUE.





ET POUR FINIR LES
ASSOULISSEMENTS, UN
EXERCICE IMPORTANT



VOICI...
L'ÉCART LATÉRAL,
ZHENGBAI TUI.

