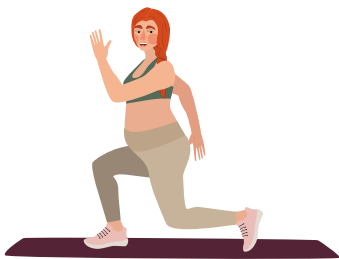


# Balance Lunge

## FENTE D'ÉQUILIBRE



# High Knees

## MONTÉE DE GENOUX



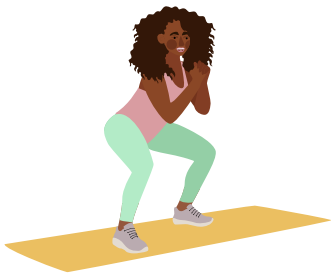
# Star

## ÉTOILE



# Squat

## SQUAT



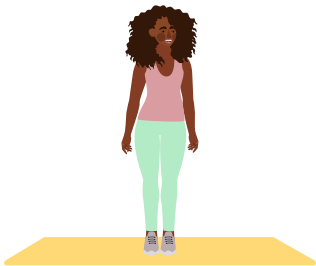
# Mountain Climbers

ALPINISTE



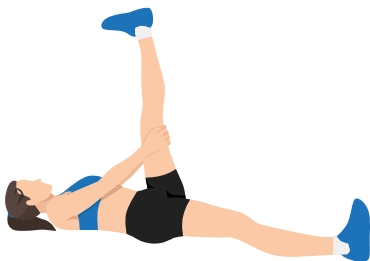
# Jumping Jack

## JUMPING JACK



# Hamstring Stretch

ÉTIREMENT DES  
ISCHIO-JAMBIERS



# Backward Lunge

## FENTE ARRIÈRE

