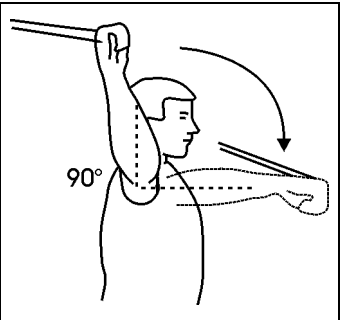
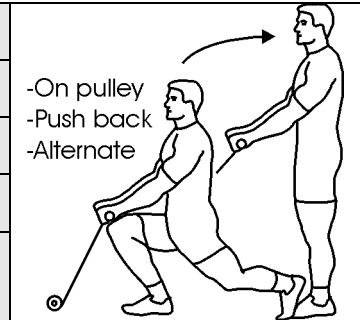
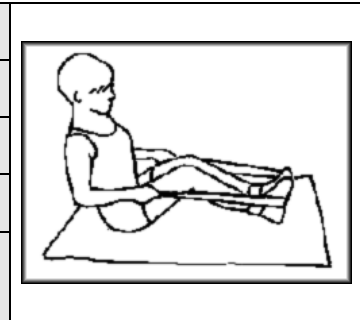
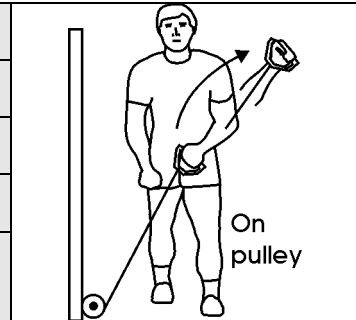
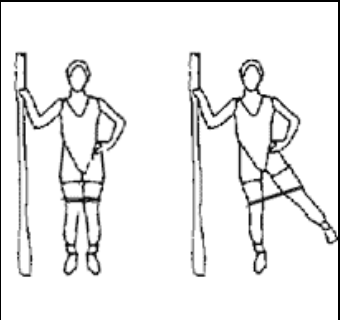
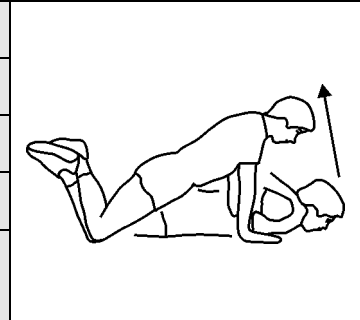
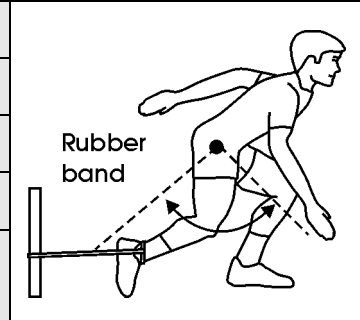
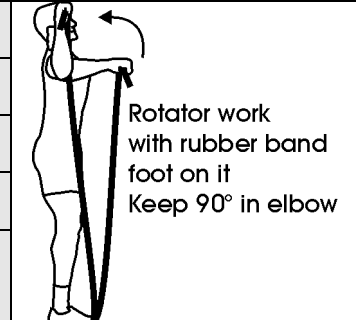
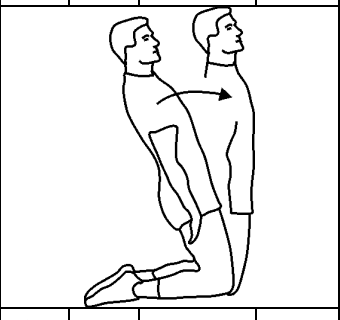
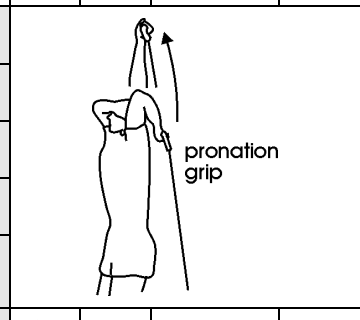
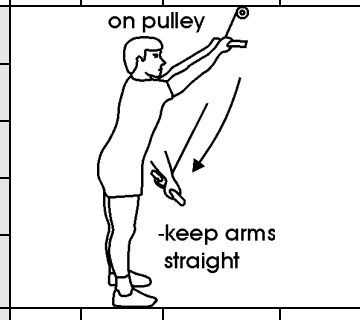
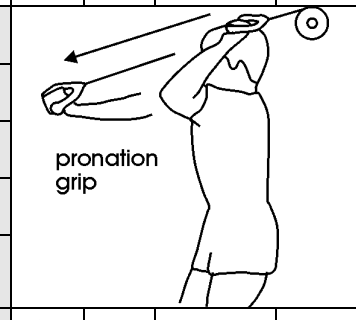


Nom : **Renforcement Elastique**
 Info

Date :

Consultant :

															
Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos
3	10		30'	3	10		30'	3	10		30'	3	10		30'
															
Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos
3	10		30'	3	10		30'	3	10		30'	3	10		30'
															
Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos
3	10		30'	3	10		30'	3	10		30	3	10		30'