

Notes:

21. Abdominaux / Crunch

- Abdominaux / Crunch



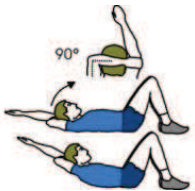
22. Abdominaux / Crunch

- Abdominaux / Crunch



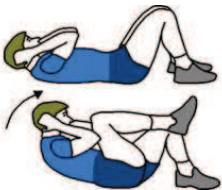
23. Abdominaux / Crunch

- Abdominaux / Crunch



24. Abdominaux / Crunch

- Abdominaux / Crunch



25. Abdominaux / Crunch

- Abdominaux / Crunch

