

Notes:

26. Abdominaux / Crunch

- Abdominaux / Crunch



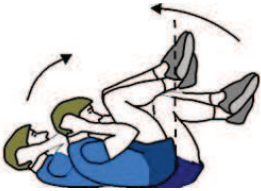
27. Abdominaux / Crunch

- Abdominaux / Crunch



28. Abdominaux / Crunch

- Abdominaux / Crunch



29. Abdominaux / Crunch

- Abdominaux / Crunch



30. Abdominaux / Crunch

- Abdominaux / Crunch

