

Notes:

31. Abdominaux / Crunch

- Abdominaux / Crunch



32. Abdominaux / Crunch

- Abdominaux / Crunch



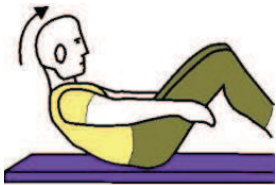
33. Abdominaux / Crunch

- Abdominaux / Crunch



34. Abdominaux / Crunch

- Abdominaux / Crunch



35. Abdominaux / Crunch

- Abdominaux / Crunch

