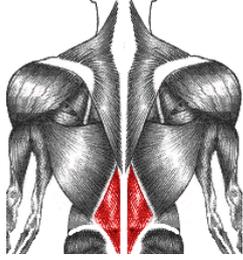


**LOMBAIRE**

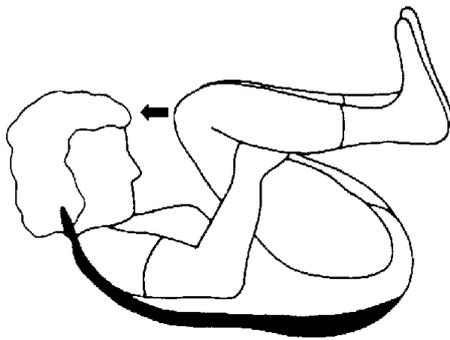


**ATELIERS**

**10**

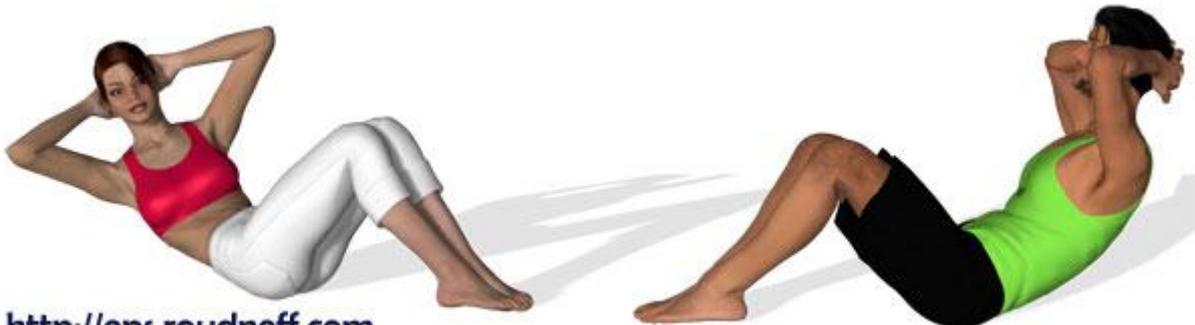
Niveau 1	Niveau 2	Niveau 3
Illustration of a person lying on their stomach on a mat, performing a back extension exercise. Red arrows indicate the direction of movement.	Illustration of a person lying on their stomach on a table, performing a back extension exercise. A red arrow indicates the direction of movement.	Illustration of a person sitting on a chair, performing a back extension exercise. A red arrow indicates the direction of movement.

**ETIREMENTS**

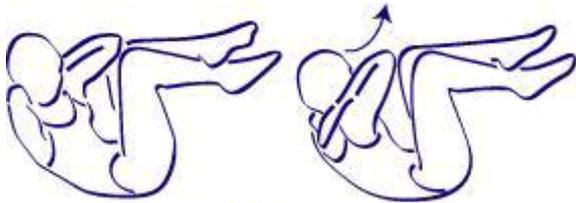




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