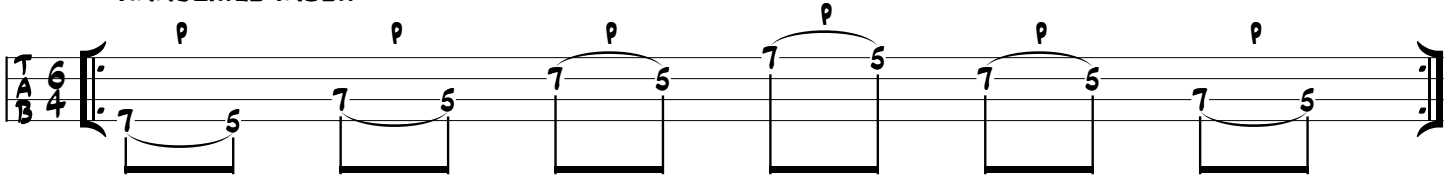


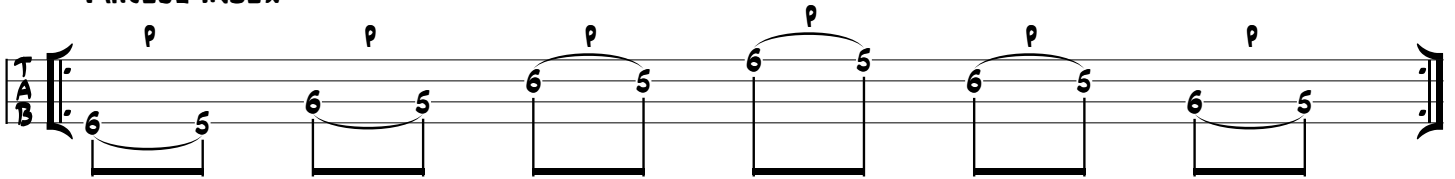
EXERCICES DE PULL-OFF

À FAIRE À UN TEMPO RÉGULIER

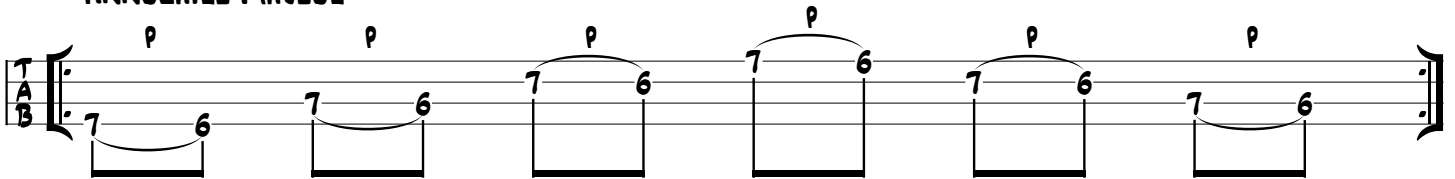
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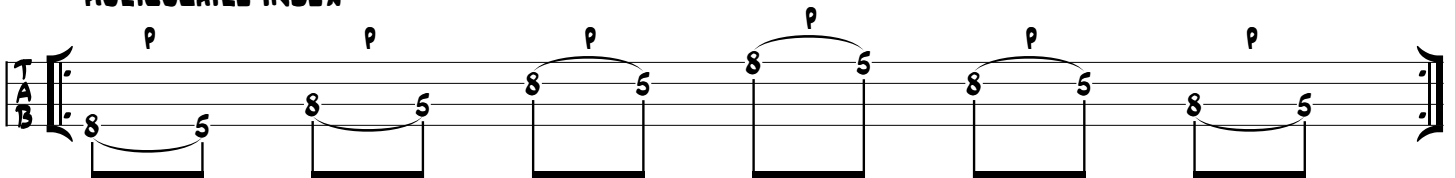
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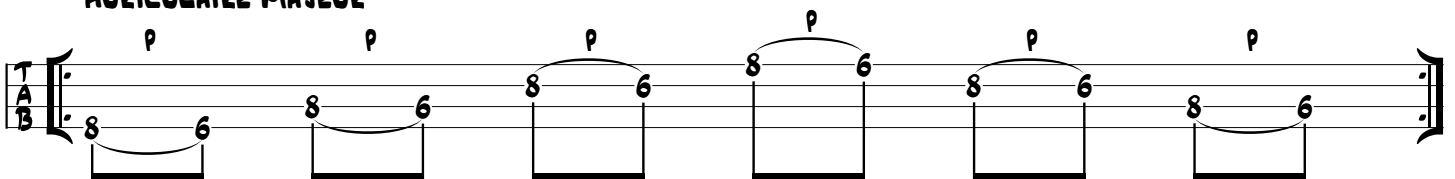
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