



Lever main

Attraper cheville

1



2



3



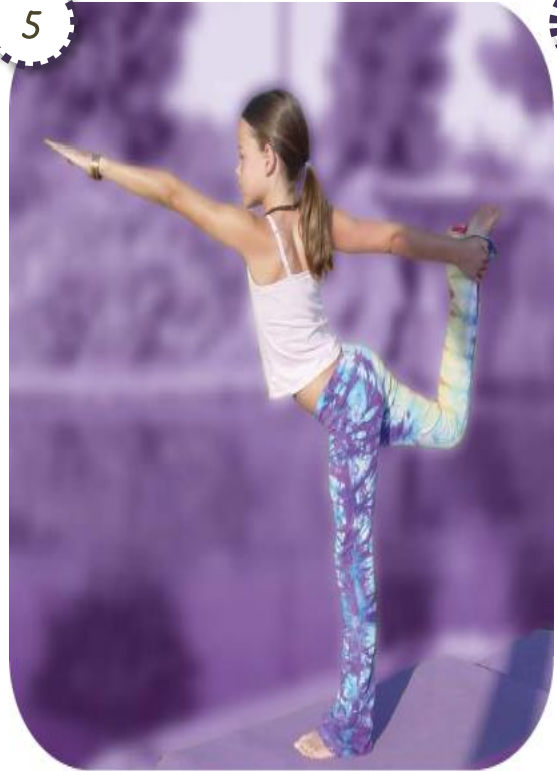


Expirer, lever cheville

4



5



6



Inspirer, reposer

Inspirer, lever bras

7

Recommencer
de 
l'autre côté