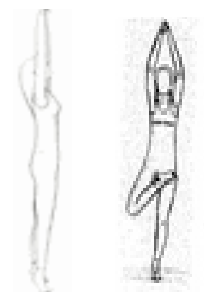
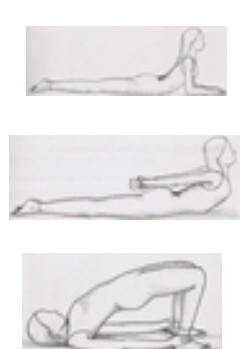
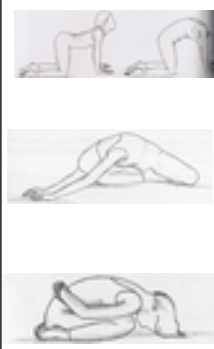



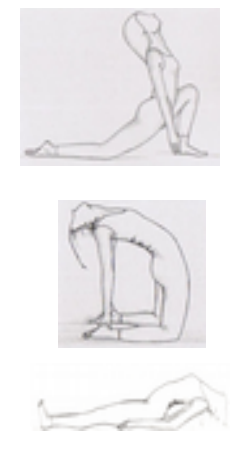
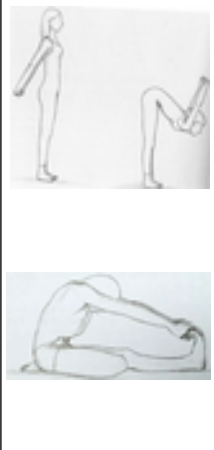



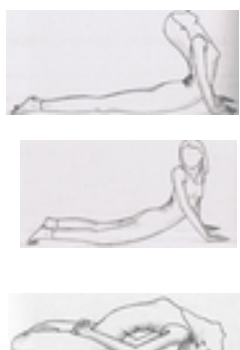

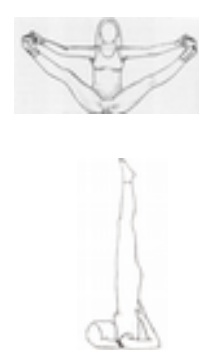



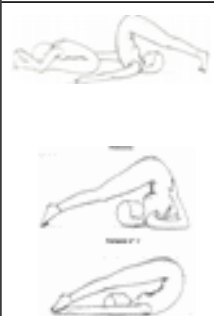
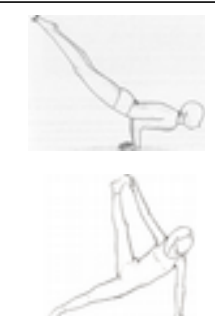
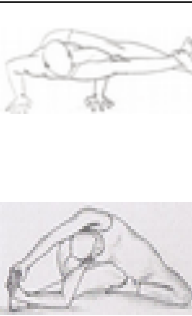


## TABLEAU DE NIVEAUX DE DIFFICULTES

|          | Postures en équilibre   | Postures en ouverture   | Postures en fermeture  | Postures en appui   | Postures en torsion   |
|----------|---|---|--|---|---|
| <b>A</b> |    |    |    |    |    |
| <b>B</b> |   |   |   |   |   |
| <b>C</b> |  |  |  |  |  |
| <b>D</b> |  |  |  |  |  |