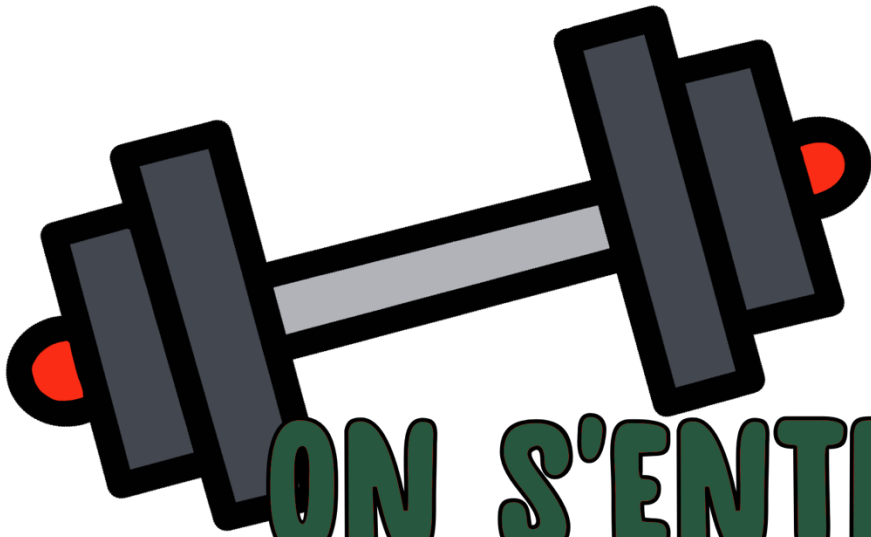


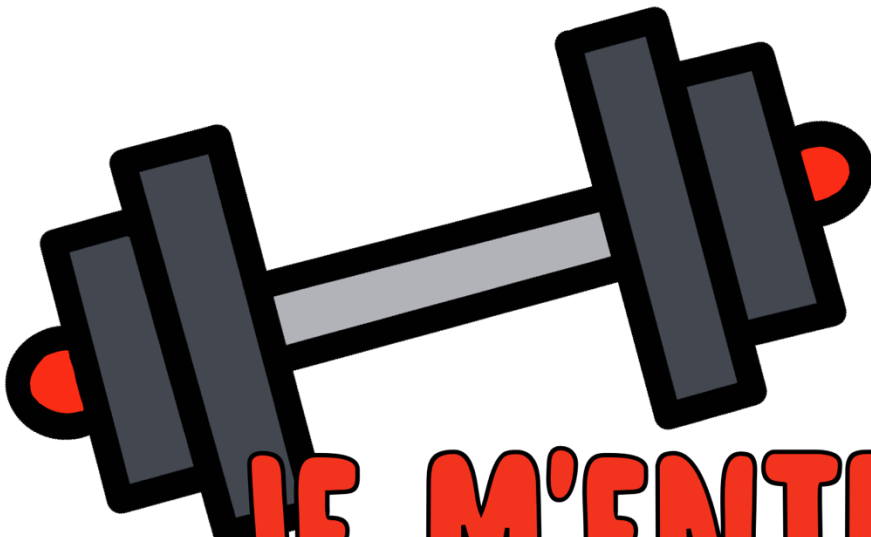
**OBJECTIF  
DE LA SÉANCE**



**J'OBSERVE  
COMMENT FAIRE**



**ON S'ENTRAINE  
ENSEMBLE**



**JE M'ENTRAINE  
SEUL(E)**