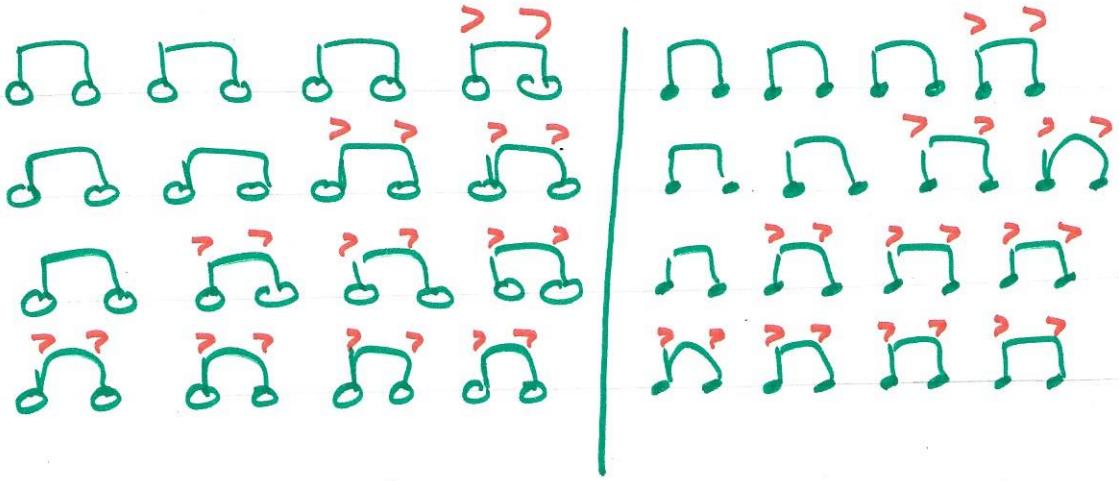
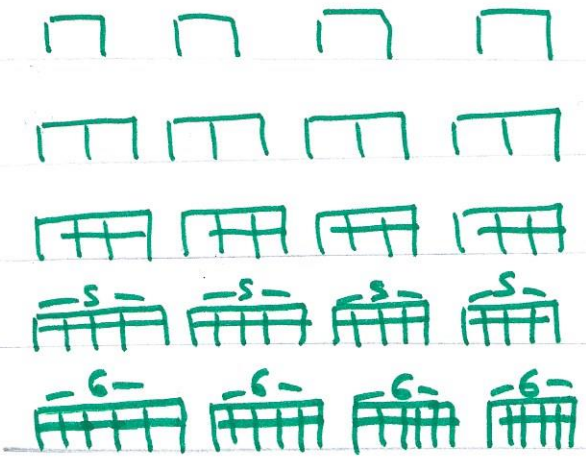
Confi-Pad 7/11/20

Intermédiaire - Ex 1 (Echauffement)

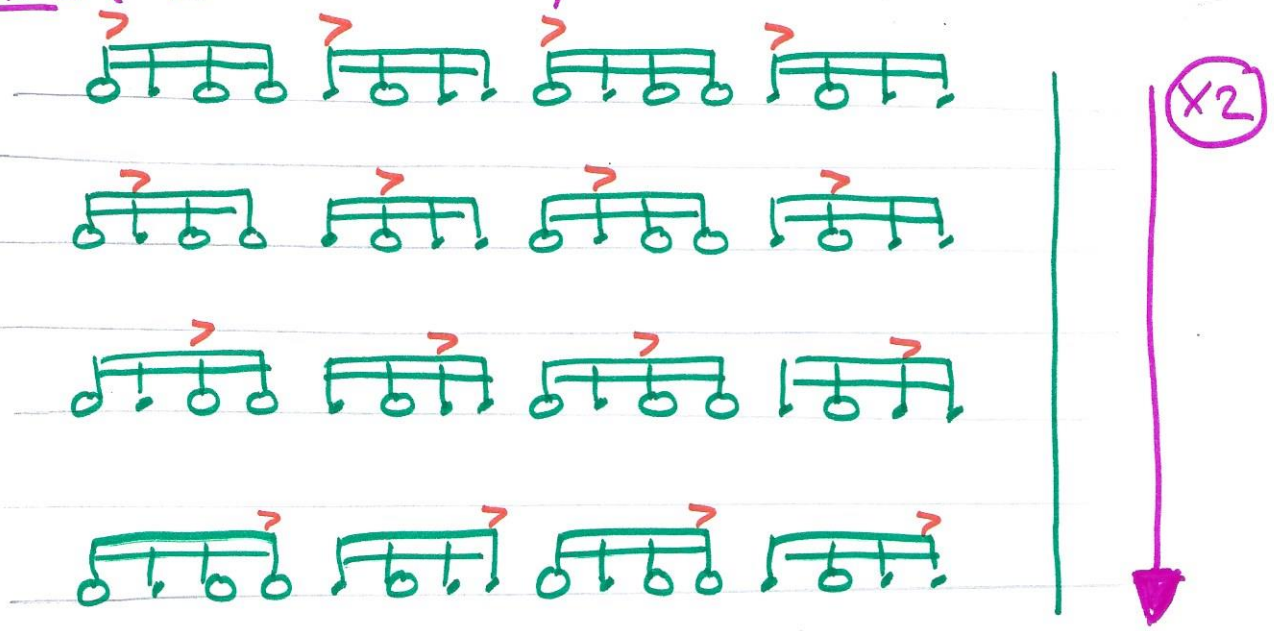


Ex 2 (Débits) BONUS



Ex 2.1 -> Main droite

Ex 2.2 -> Main gauche

Ex 2.3 -> Frisé

Ex 3 (Moulin 1 + Accents)