

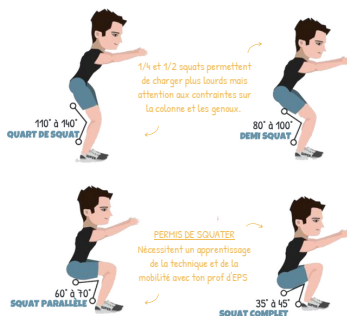
TUTO SQUAT



PLACEMENT DU SQUAT



AMPLITUDE DES SQUATS



DIFFÉRENTS TYPES DE SQUATS

