



Séance d'entraînement sur glace

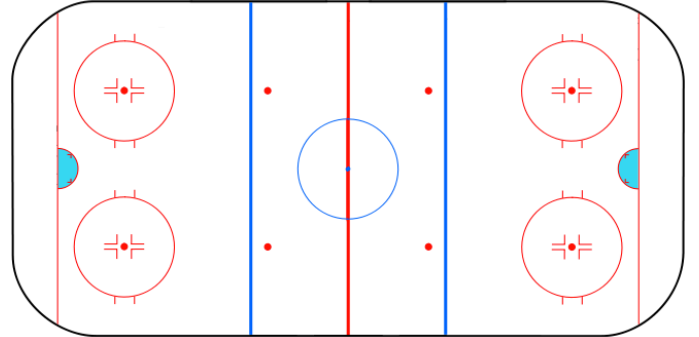


Date: _____ Durée: _____

Endroit: _____

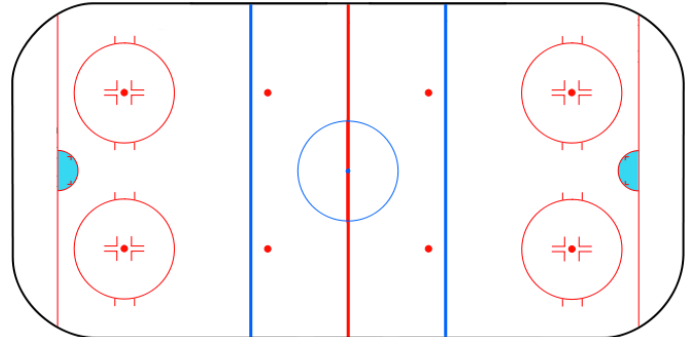
Exercice #: _____ Durée: _____ Composante: _____

Description: _____



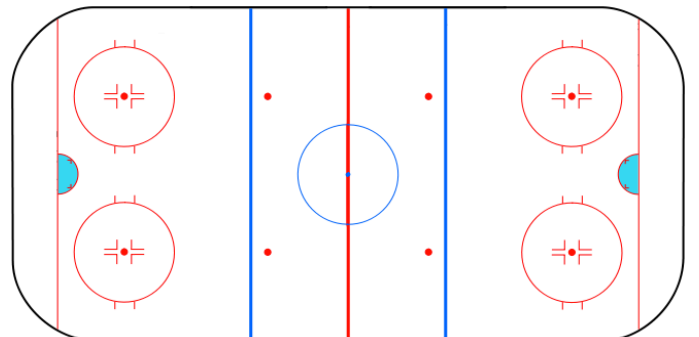
Exercice #: _____ Durée: _____ Composante: _____

Description: _____



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Description: _____



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Description: _____

