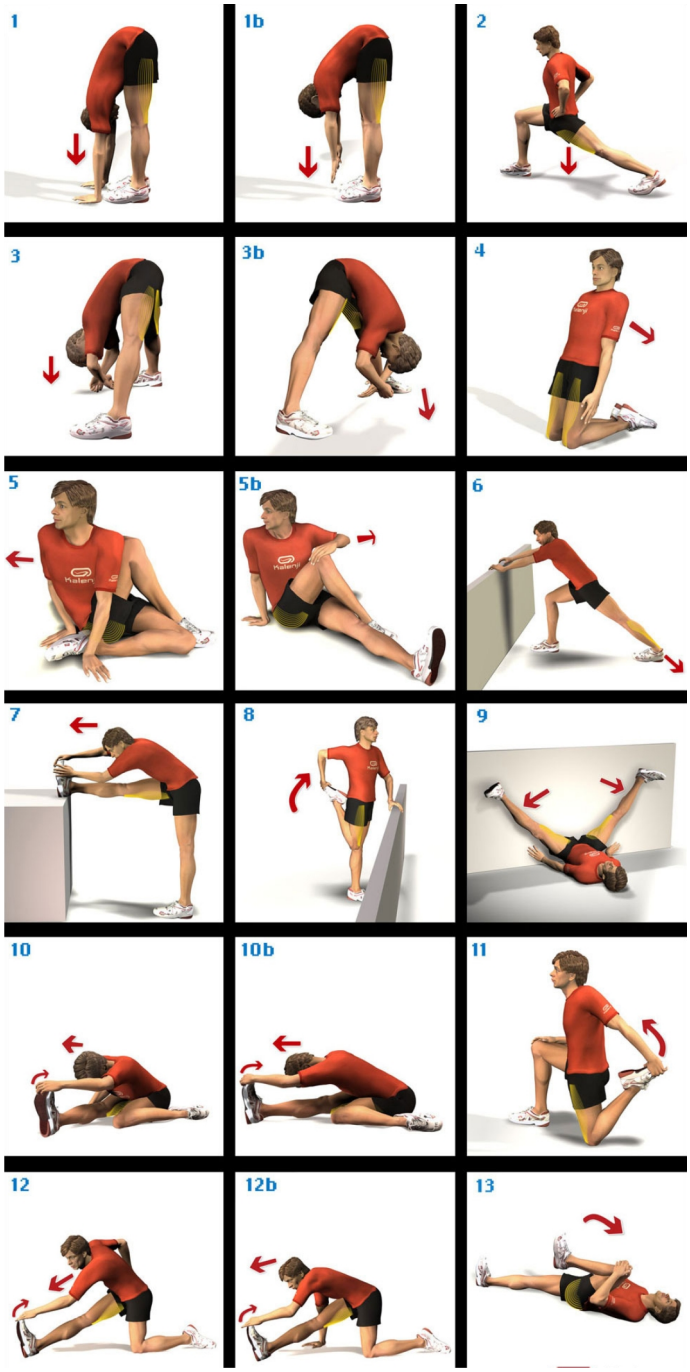
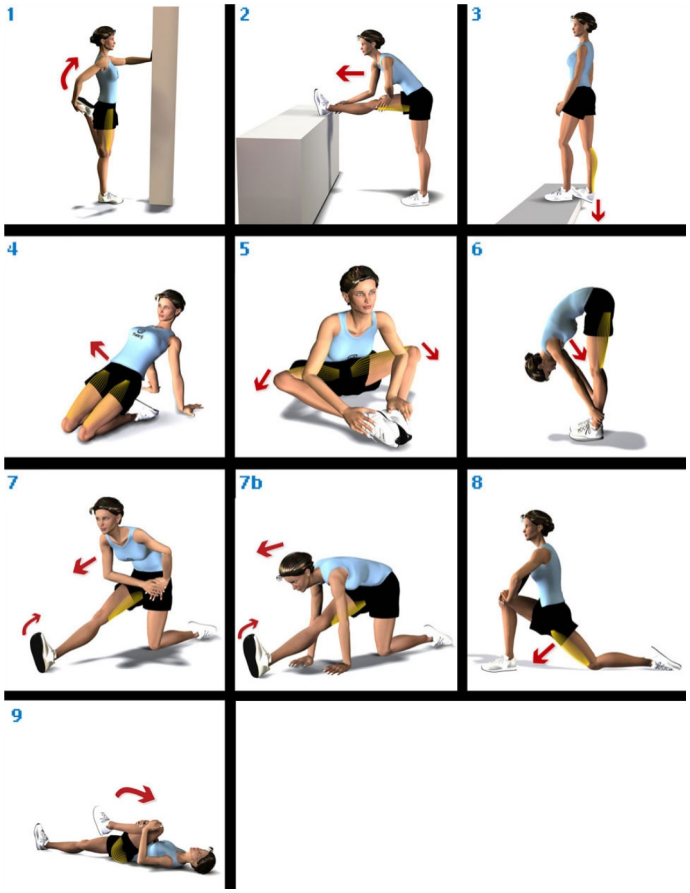
Les étirements pour la course à pied





Source : http://www.kalenji-running.com