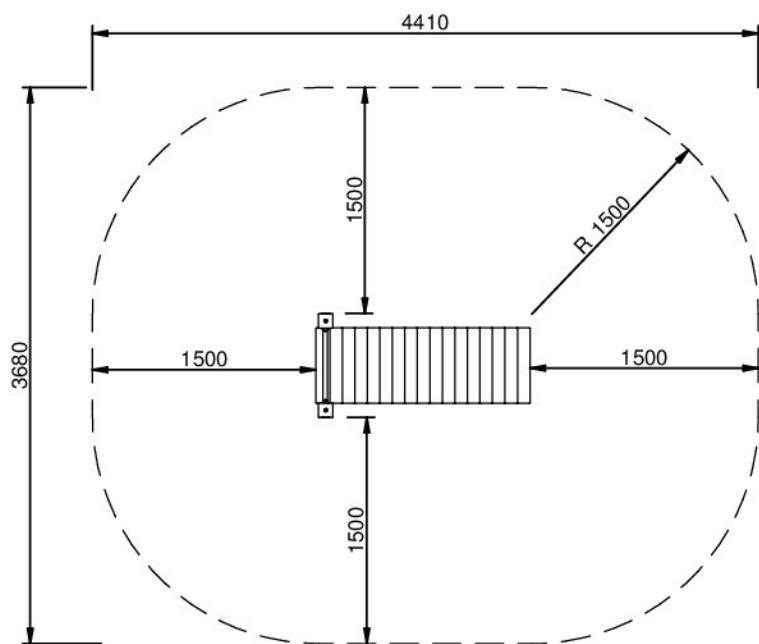
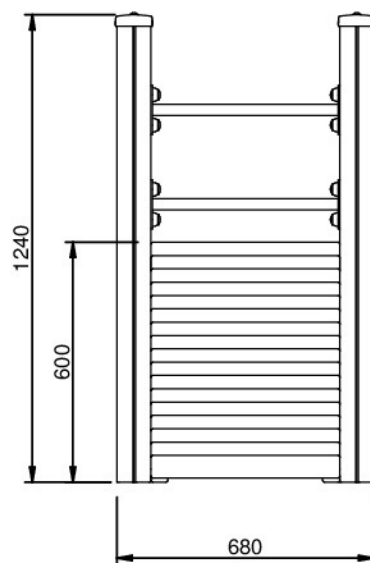


ABDOMINALES / ABDOMINAL CRUNCH / ABDOMINAUX / ABDOMINAL

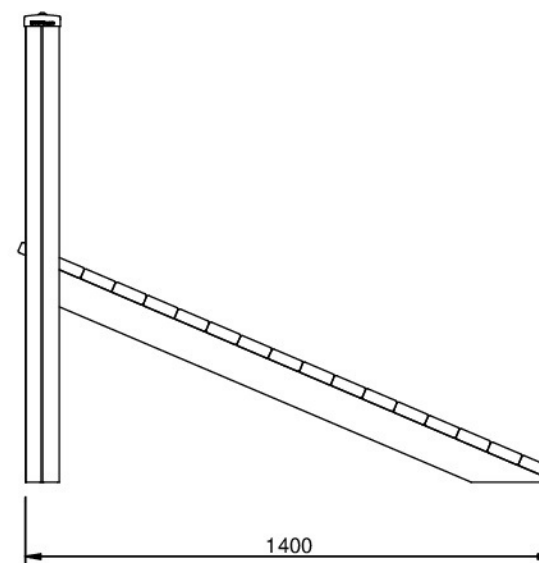
JCIR02



E 1/50



E 1/20



$A = 14,29 \text{ m}^2$
 $H = 0,6 \text{ m}$