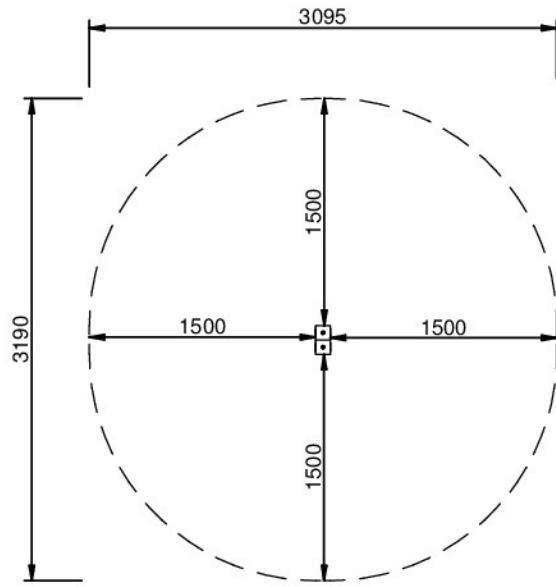


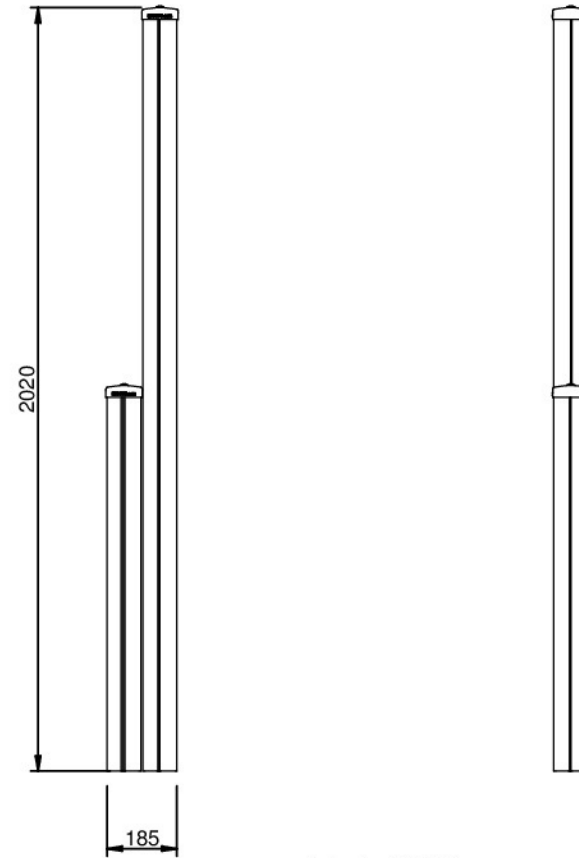
SENTADILLAS / SQUAT POST / POSTE A FLEXION DE GENOU / POSTE A FLEXION

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E 1/50

A = 8 m²



E 1/20