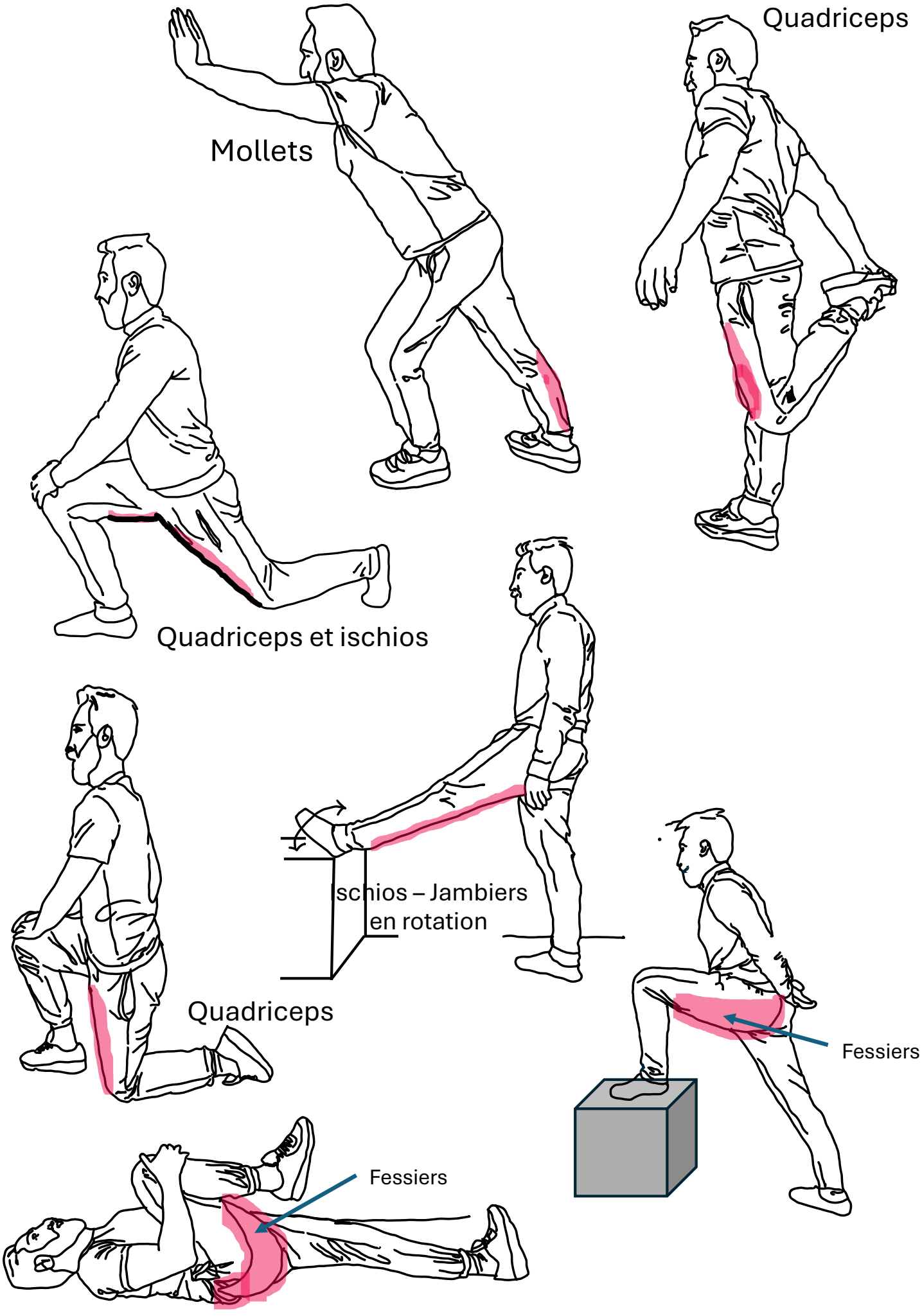
Mollets
Quadriceps
Quadriceps et ischios
Ischios – Jambiers
en rotation
Quadriceps
Fessiers
Fessiers