

Eléments Individuels : Maintien

	A (V = 1)	B (V = 2)	C (V = 3)	D (V = 4)	E (V = 5)	F (V = 6)	G (V = 7)	H (V = 8)	I (V = 9)	J (V = 10)
1	2"			2"			2"	2"	2"	2"
2	2"	2"	2"	2"	EN FORCE 2"	EN FORCE 2"		2"	2"	EN FORCE 2"
3		2"	2"	2"	2"	2"	2"	EN FORCE 2"	EN FORCE 2"	EN FORCE 2"
4			2"				2"		2"	2"
5						2"	2"			



Eléments Individuels : Souplesse

	A (V = 1)	B (V = 2)	C (V = 3)	D (V = 4)	E (V = 5)	F (V = 6)	G (V = 7)	H (V = 8)	I (V = 9)	J (V = 10)
1	M 	M 		M 		M 		M 		
2	M 	M 	M 		M 					
3										
4										
5										
6										



	A (V = 1)	B (V = 2)	C (V = 3)	D (V = 4)	E (V = 5)	F (V = 6)	G (V = 7)	H (V = 8)	I (V = 9)	J (V = 10)
1										
2										
3										
4										
5										

