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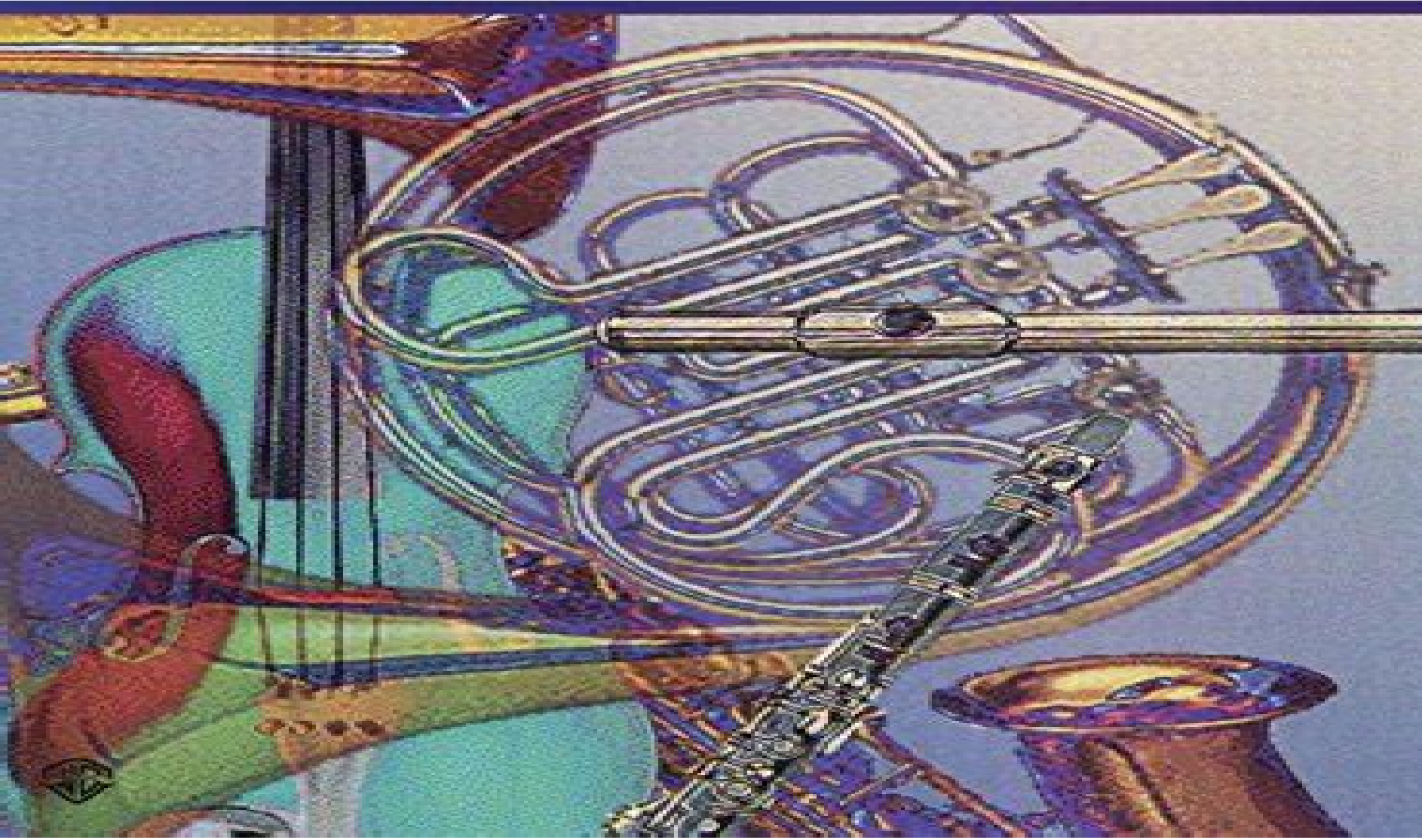
From the Renaissance to the Romantic Periods

Sacred Trios for All

Playable on ANY THREE INSTRUMENTS

or any number of instruments in ensemble

Compiled and Arranged by WILLIAM RYDEN



Sacred Trios For All Violin Sacred Instrumental Ensembles

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gérer le poids de leur corps à tous les niveaux du mouvement michael boyle

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web sans accessoires l entraînement va consister par exemple à enchaîner une série de flexions type fentes accompagnées de mouvements de bras puis des exercices de gainage dynamique et enfin un mouvement complet tel que des burpees l intensité des exercices permet de travailler réellement l aspect cardio parallèlement au renforcement