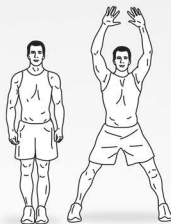


Bonjour Le Monde



Faites des jumping jacks
pendant 60 secondes
non-stop, tous les matins,
pendant 30 jours

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1 60 secondes jumping jacks	2 60 secondes jumping jacks	3 60 secondes jumping jacks	4 60 secondes jumping jacks	5 60 secondes jumping jacks
6 60 secondes jumping jacks	7 60 secondes jumping jacks	8 60 secondes jumping jacks	9 60 secondes jumping jacks	10 60 secondes jumping jacks
11 60 secondes jumping jacks	12 60 secondes jumping jacks	13 60 secondes jumping jacks	14 60 secondes jumping jacks	15 60 secondes jumping jacks
16 60 secondes jumping jacks	17 60 secondes jumping jacks	18 60 secondes jumping jacks	19 60 secondes jumping jacks	20 60 secondes jumping jacks
21 60 secondes jumping jacks	22 60 secondes jumping jacks	23 60 secondes jumping jacks	24 60 secondes jumping jacks	25 60 secondes jumping jacks
26 60 secondes jumping jacks	27 60 secondes jumping jacks	28 60 secondes jumping jacks	29 60 secondes jumping jacks	30 60 secondes jumping jacks