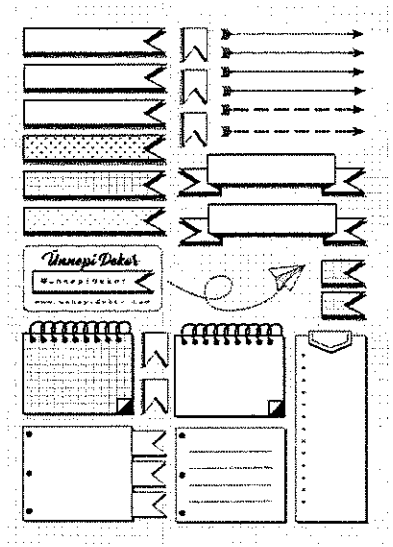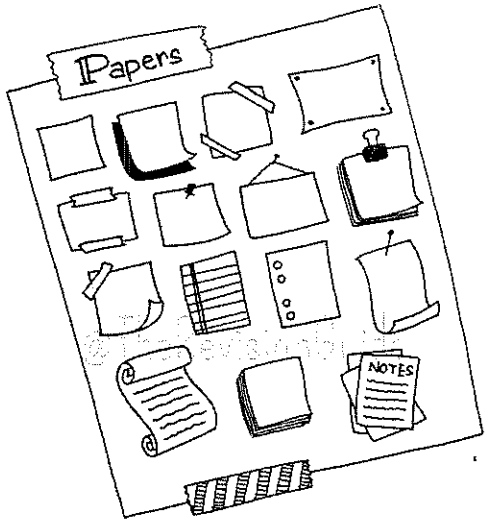Pour vous entraîner