|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspir | Expir | Inspir | Expir | Inspir (droite) | Expir / Inspir | Expir (gauche) |
| 6 | 8 | 6 | 9 | 6 | 10 | 6 |
| Inspir | Expir (droite) | Inspir | Expir (gauche) | Inspir | Expir (droite) | Inspir / Expir |
| 11 | 5 | 12 | 13 | 14 | 13 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 6 | 8 | 6 | 9 | 6 | 10 | 6 |

Inspir Expir Inspir Expir Inspir Expir

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| 11 | 5 | 12 | 4 | 17 | 1 | 3 |
|  |  | 2 | 1 |  |  |  |
|  |  | Expir | Inspir |  |  |  |