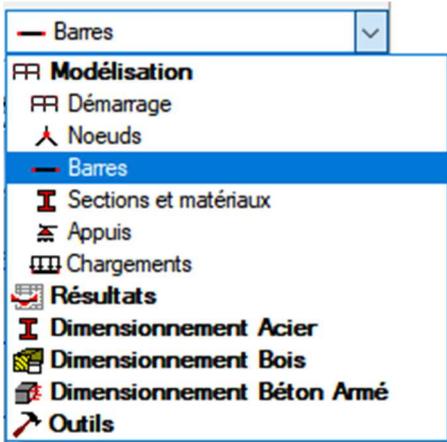


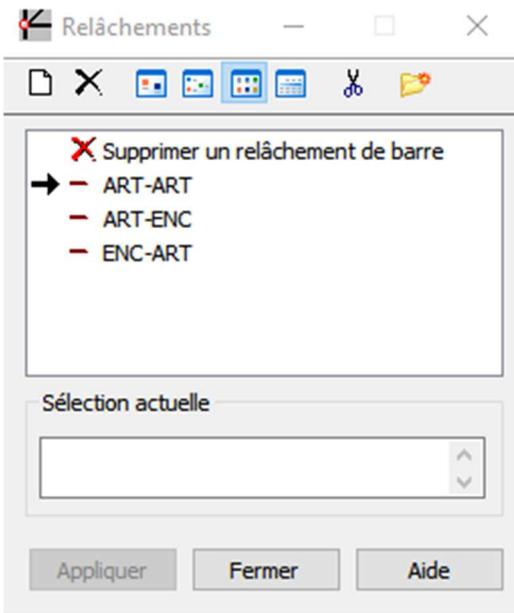
# 1. Relâchements.

→ Bureau barres

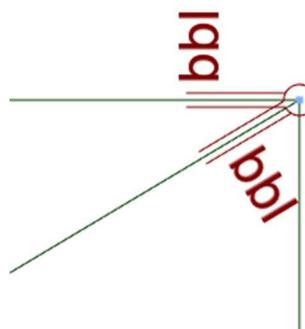
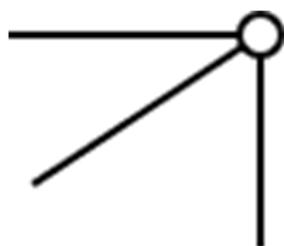
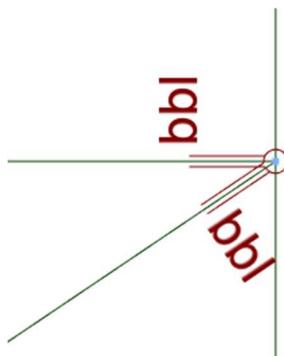
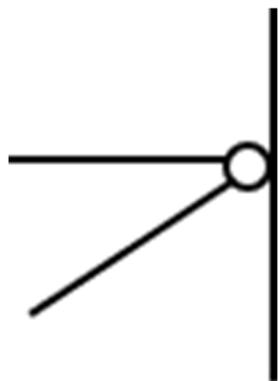


→  « Relâchements »

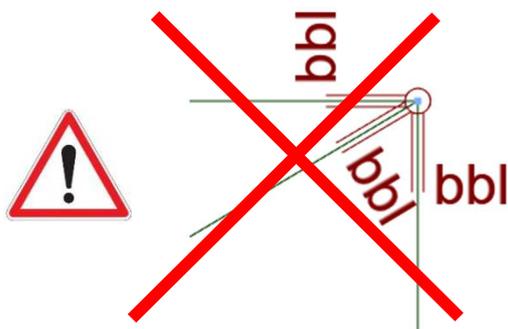
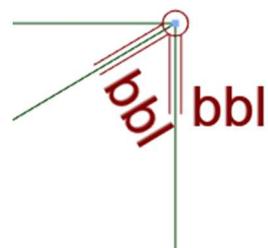
→ Choisir le bon type de relâchement puis sélectionner graphiquement une barre



## 2. Comment relâcher ?



ou



### 3. Exemple.

