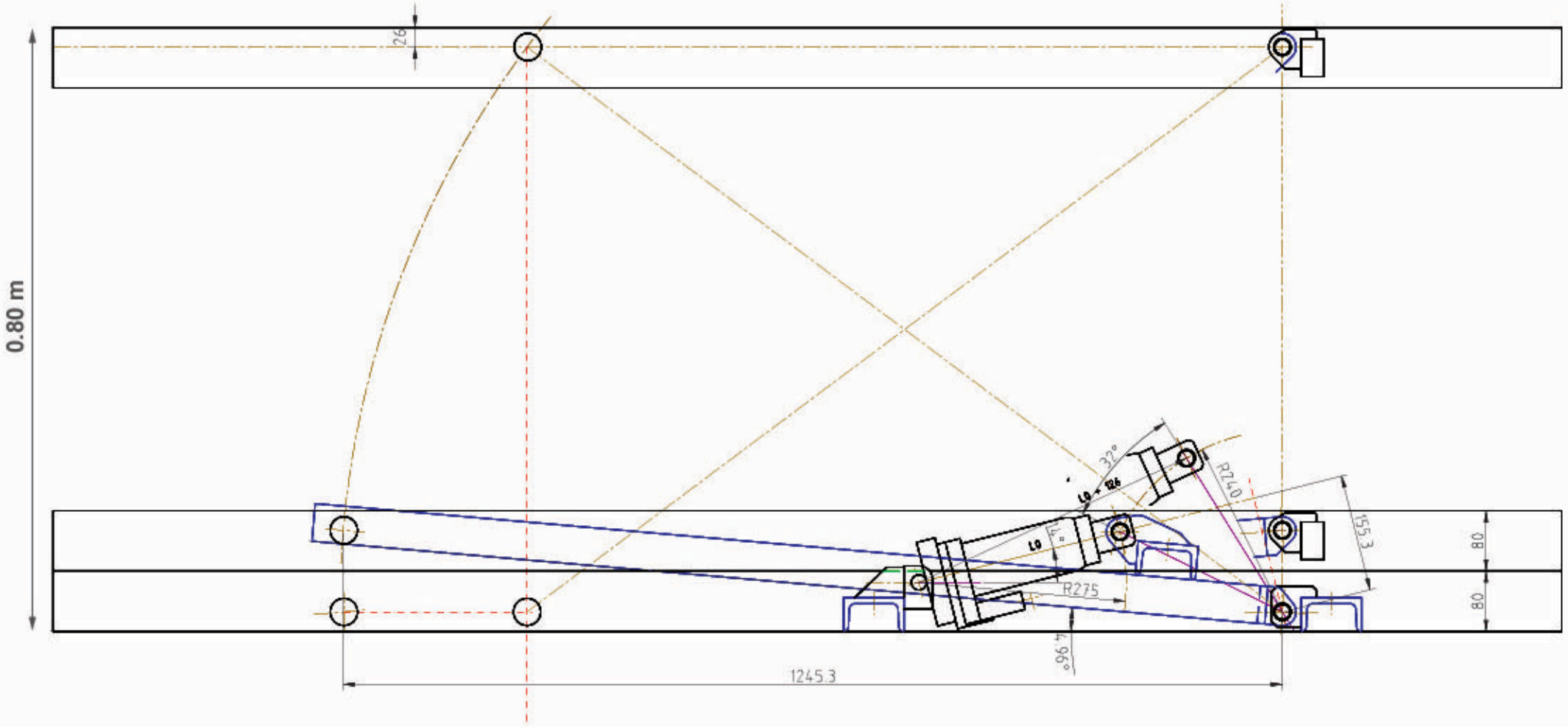Lève moto : épure déplacements efforts