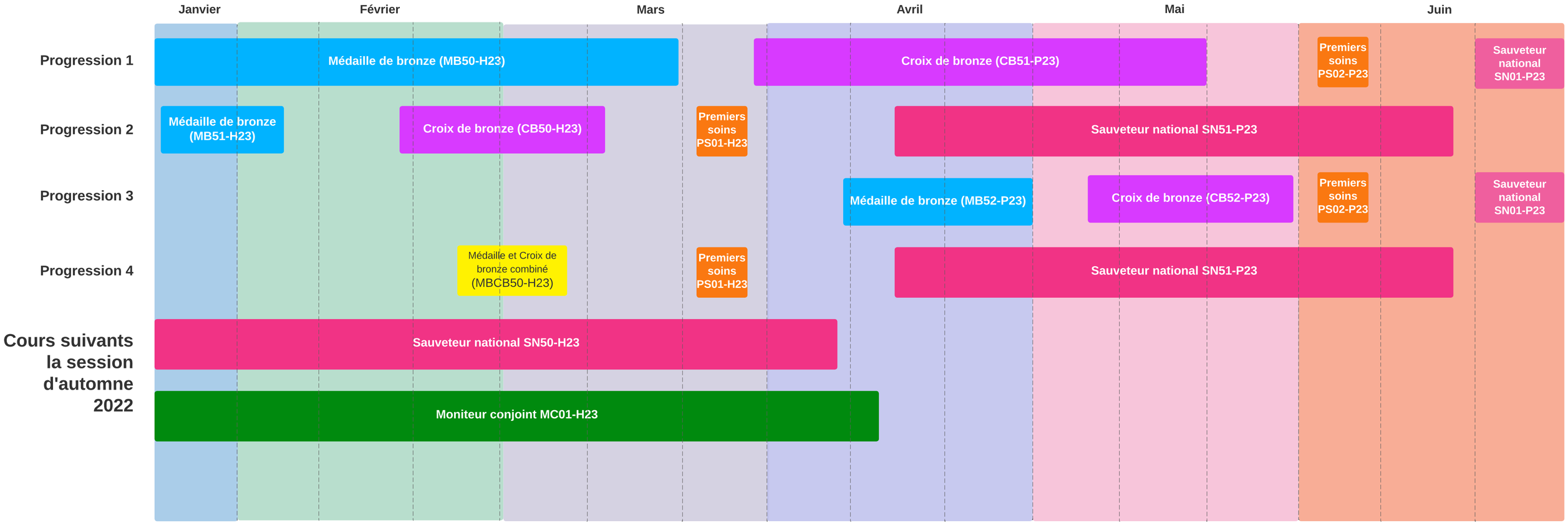Progressions suggérées