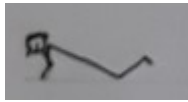
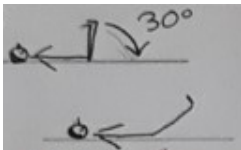
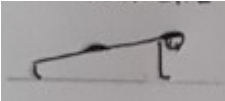

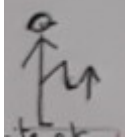





DEPART Tapis eau et baskets	 8 pompes	 10 fois	Planche  30 sec	Repos  1 min	Montée de genoux rapide  45 sec	 8 squats	 rejouer
--	---	--	---	--	--	---	--

instit90

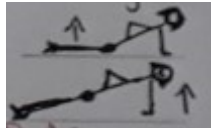


Cercles bras tendus

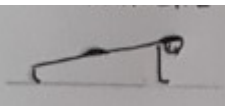


30 sec

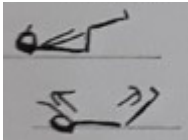

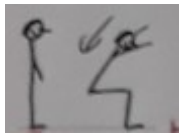
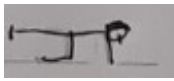




Avance de 1 case  30 sec	Equilibre  droite et gauche 1 min	 droite et gauche 20 sec	Recule de 2 cases	Talons fesses  droite et gauche 1 min	 8 pompes	MI-TEMPS 1 gorgée d'eau
---	---	---	--------------------------	---	--	--

instit90

Planche  30 sec						
---	--	--	--	--	--	--






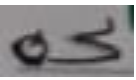


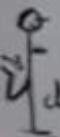
Passé ton tour	Abdos  10 fois	MI-TEMPS 1 gorgée d'eau	Repos  1 min	 8 squats	 droite et gauche 1 min	Fessiers  1 min	
-----------------------	--	--	---	---	--	---	---

Abdos



10 fois

instit90

	Etirements  1 min	Etirements  droite et gauche 1 min	Repos genoux poitrine  30 sec	Etirements  20 sec	Etirements  droite et gauche 20 sec	 Talons fesses droite et gauche 30 sec	Passé ton tour
---	--	--	--	---	---	---	-----------------------

