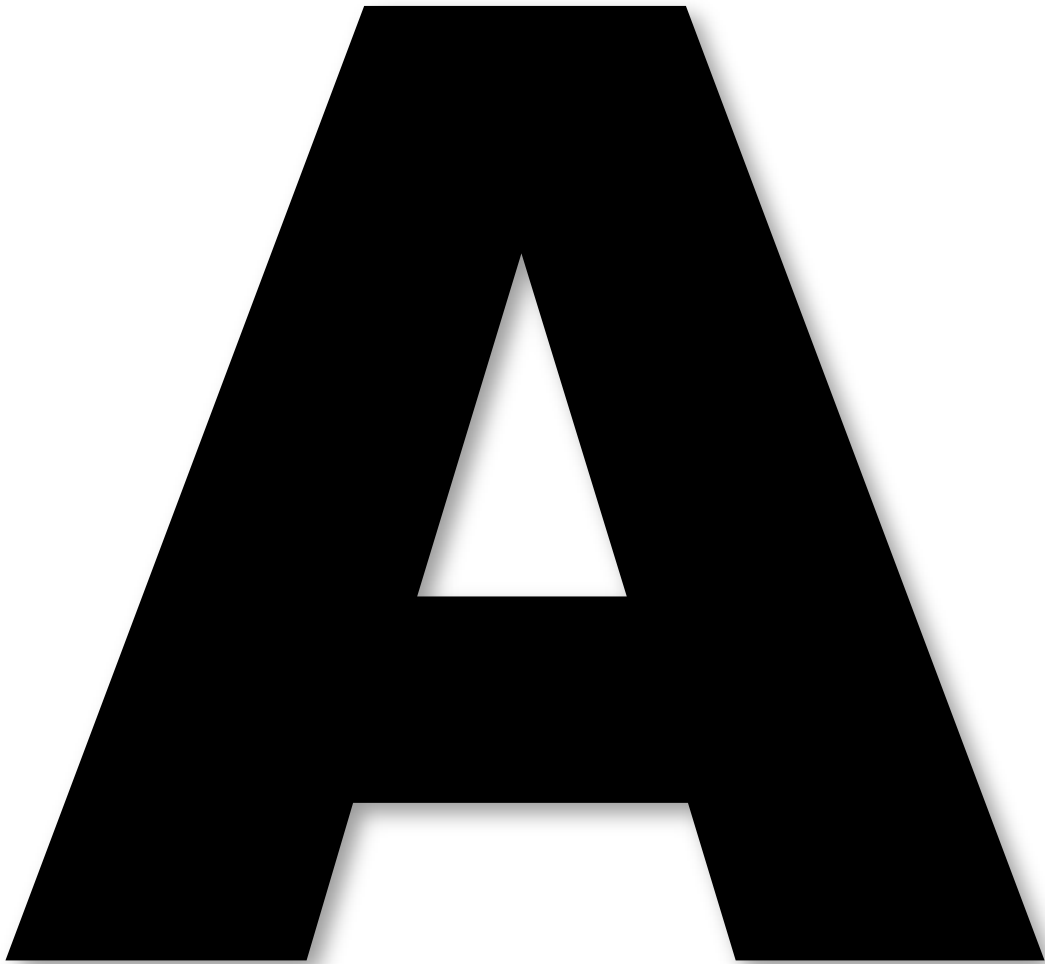
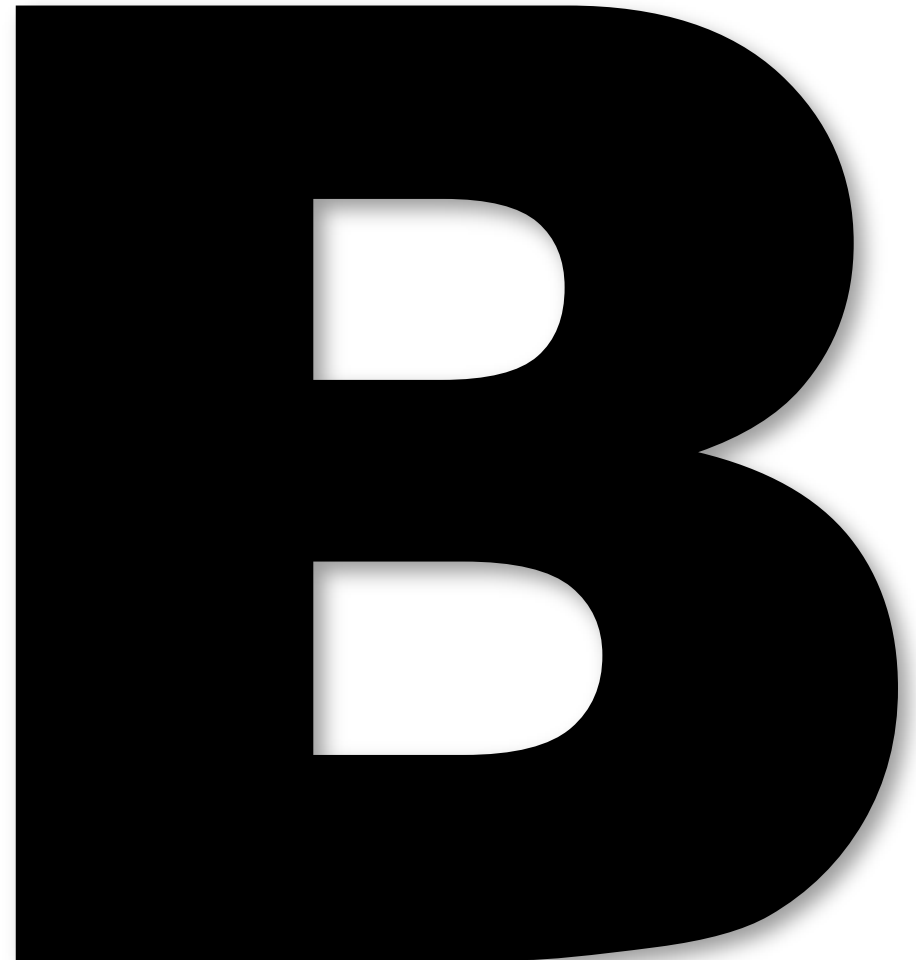
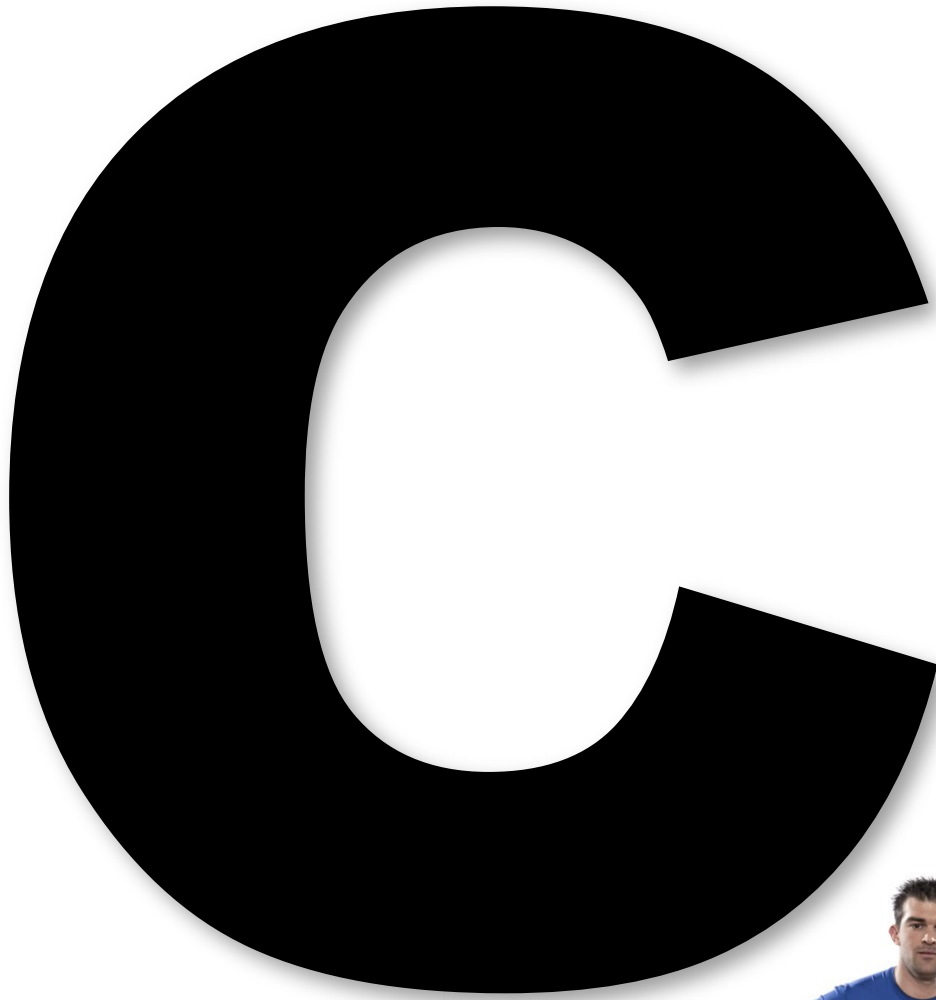


10 sauts papillon



5 pompes

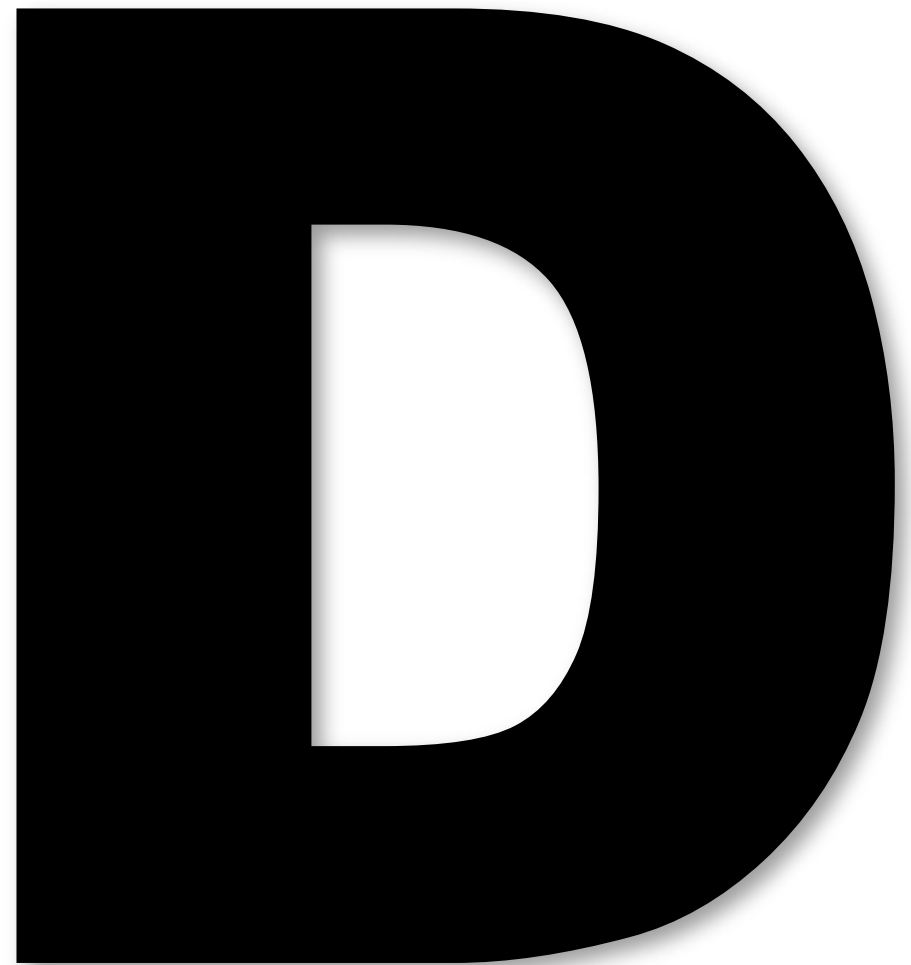




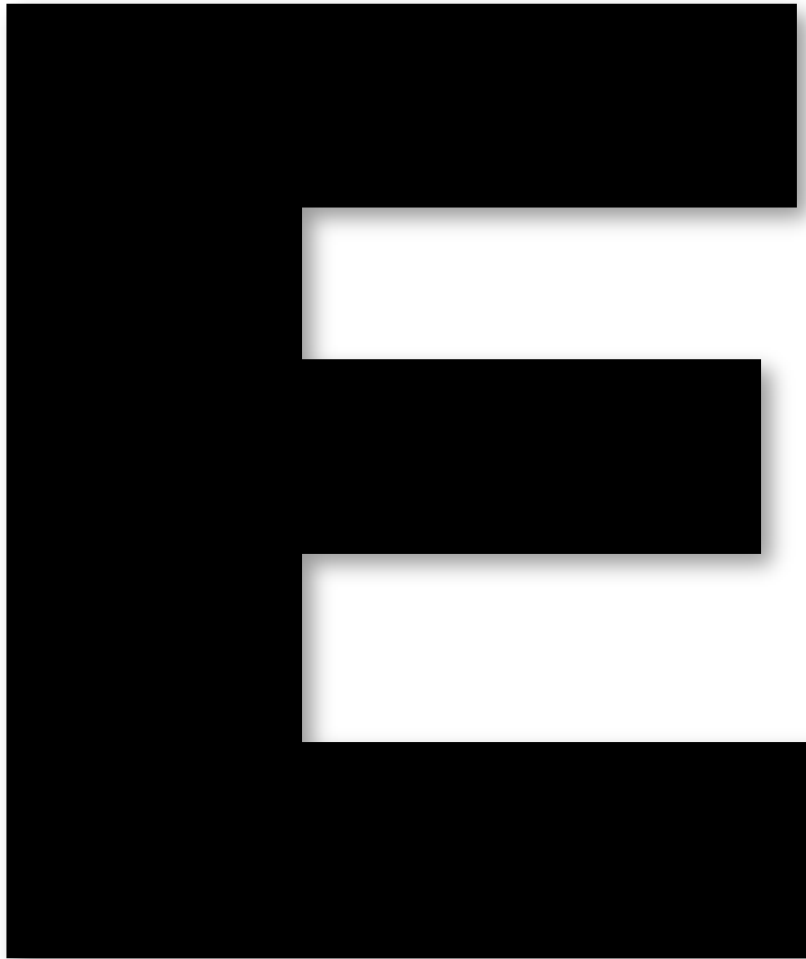
5 fentes latérales



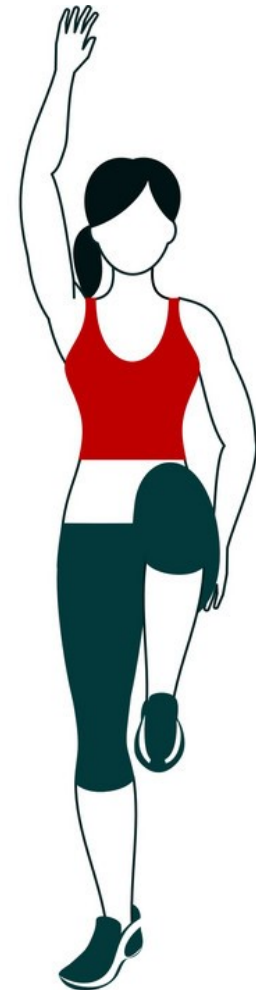
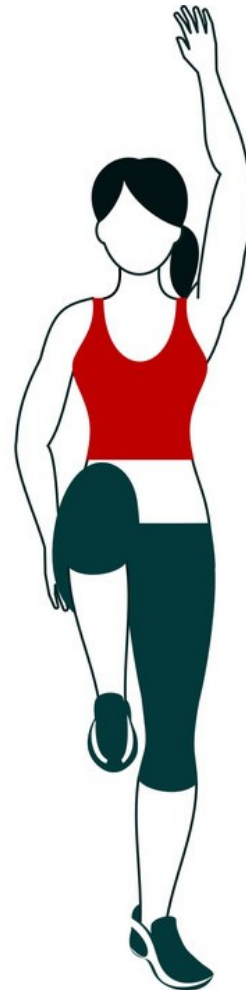
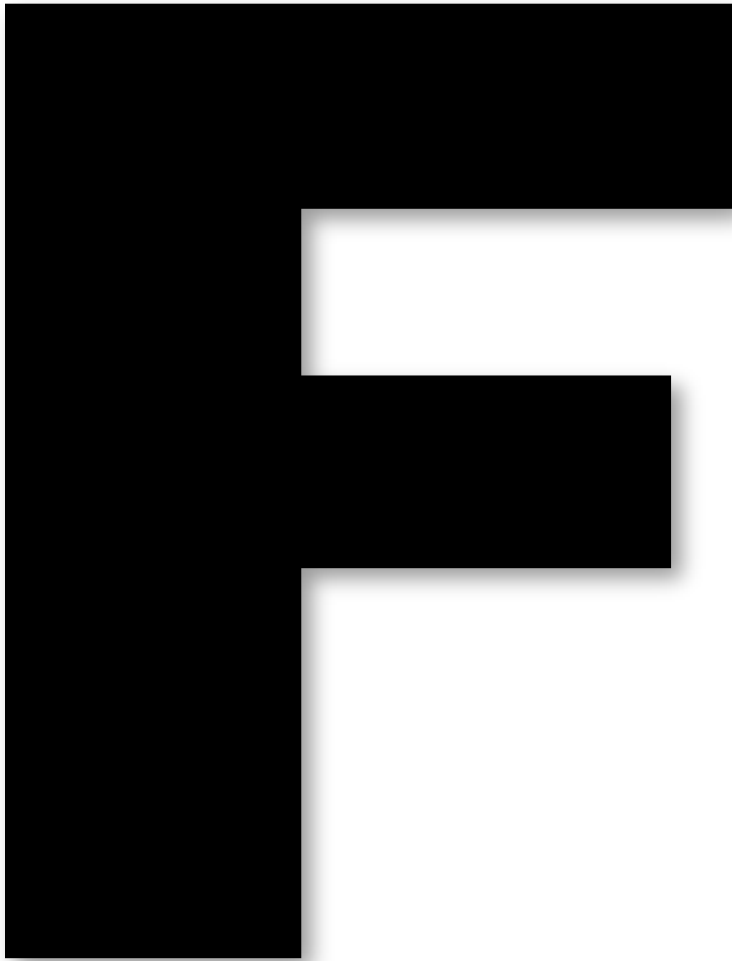
20 genoux hauts



6 supermans en planche



10 grimpeurs debout



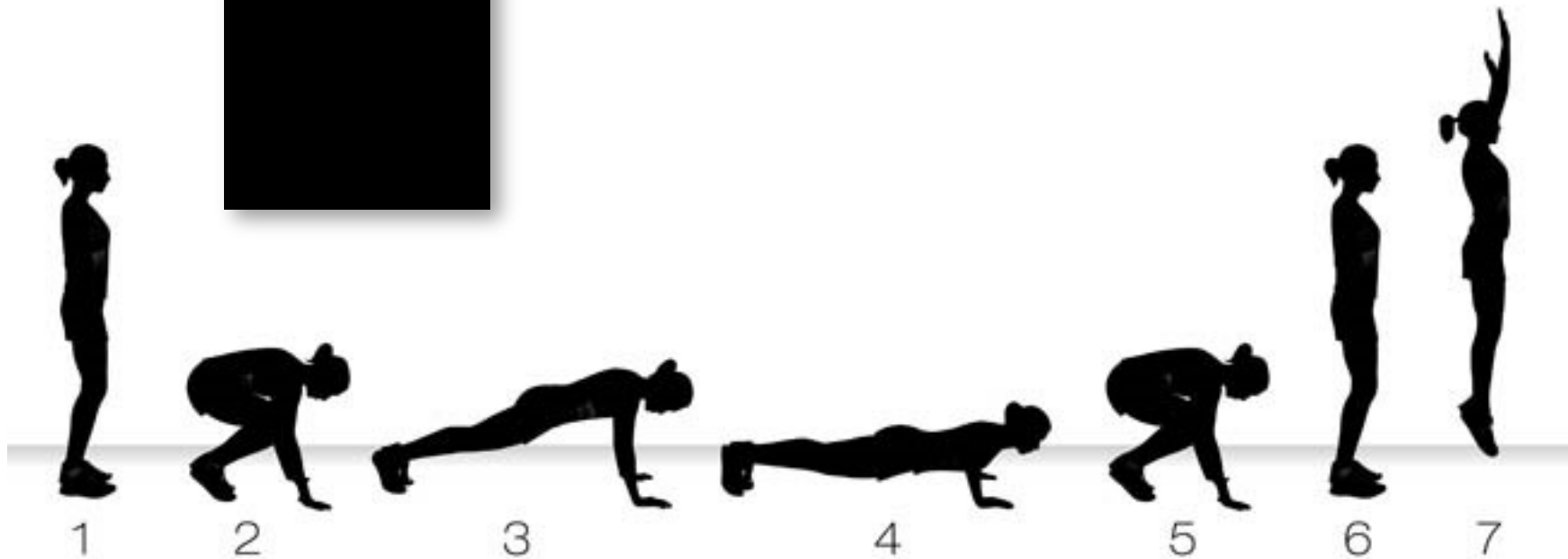
10 flexions-extension des jambes



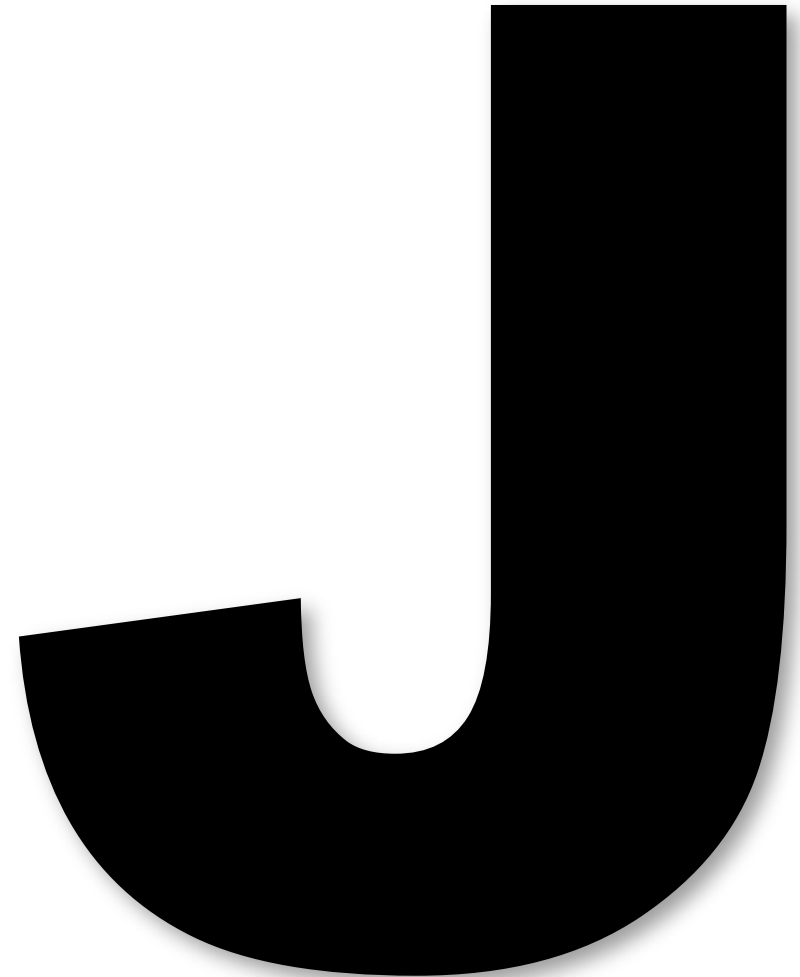
6 fentes avant



4 sauts accroupis (burpees)



10 secondes de chaise au mur



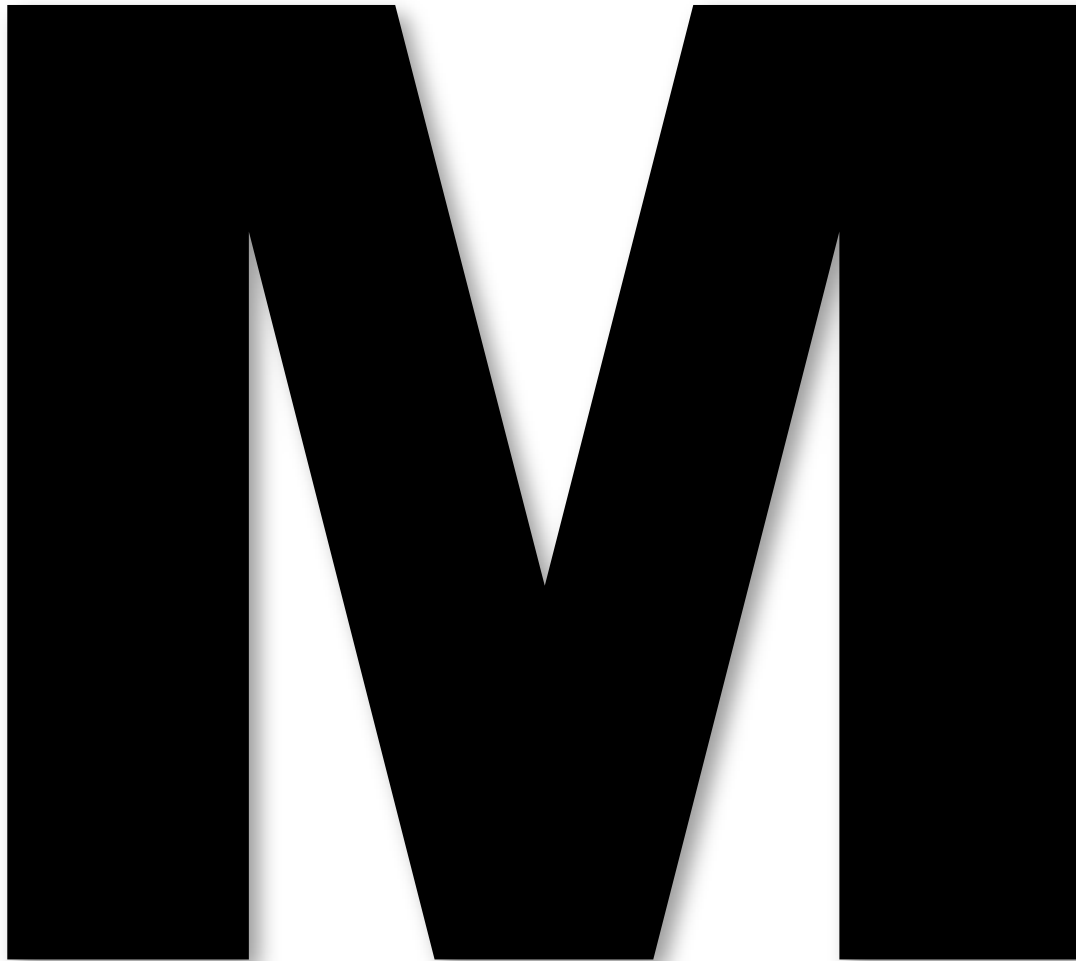
10 extension des mollets



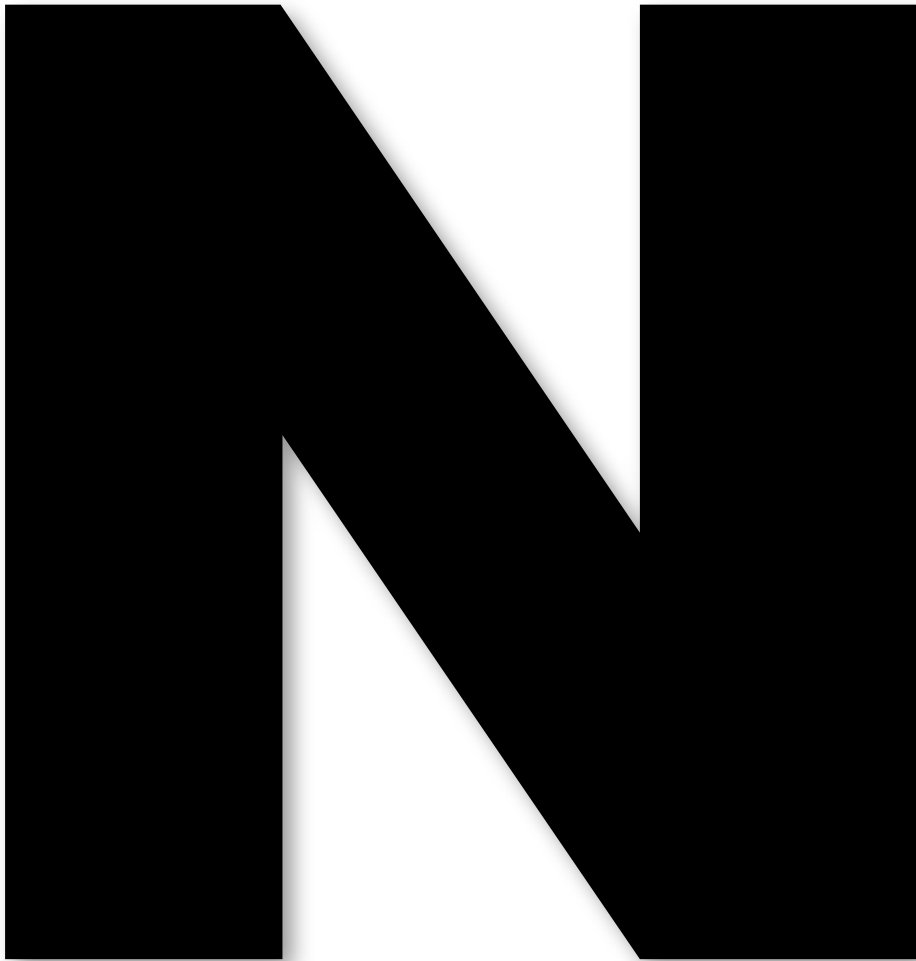
12 secondes de planches



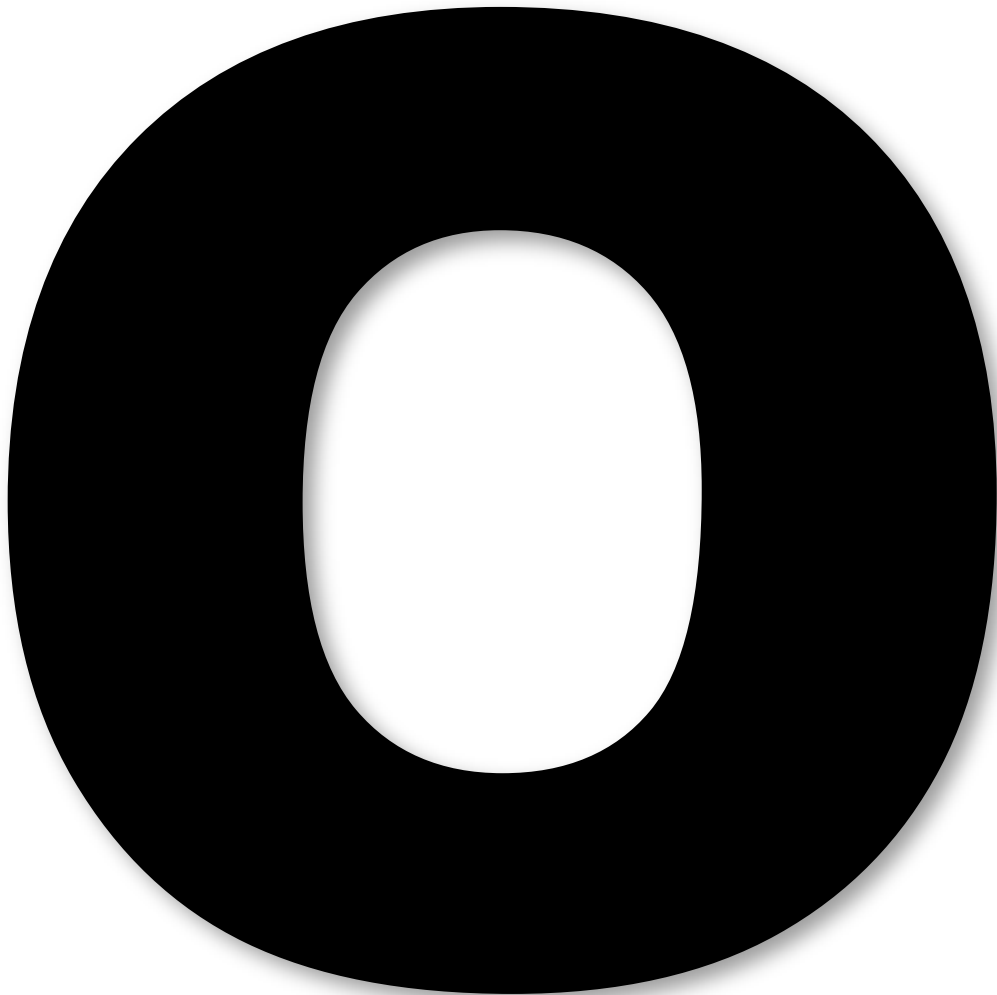
5 sauts groupés



20 sauts à la corde



10 rotations russes

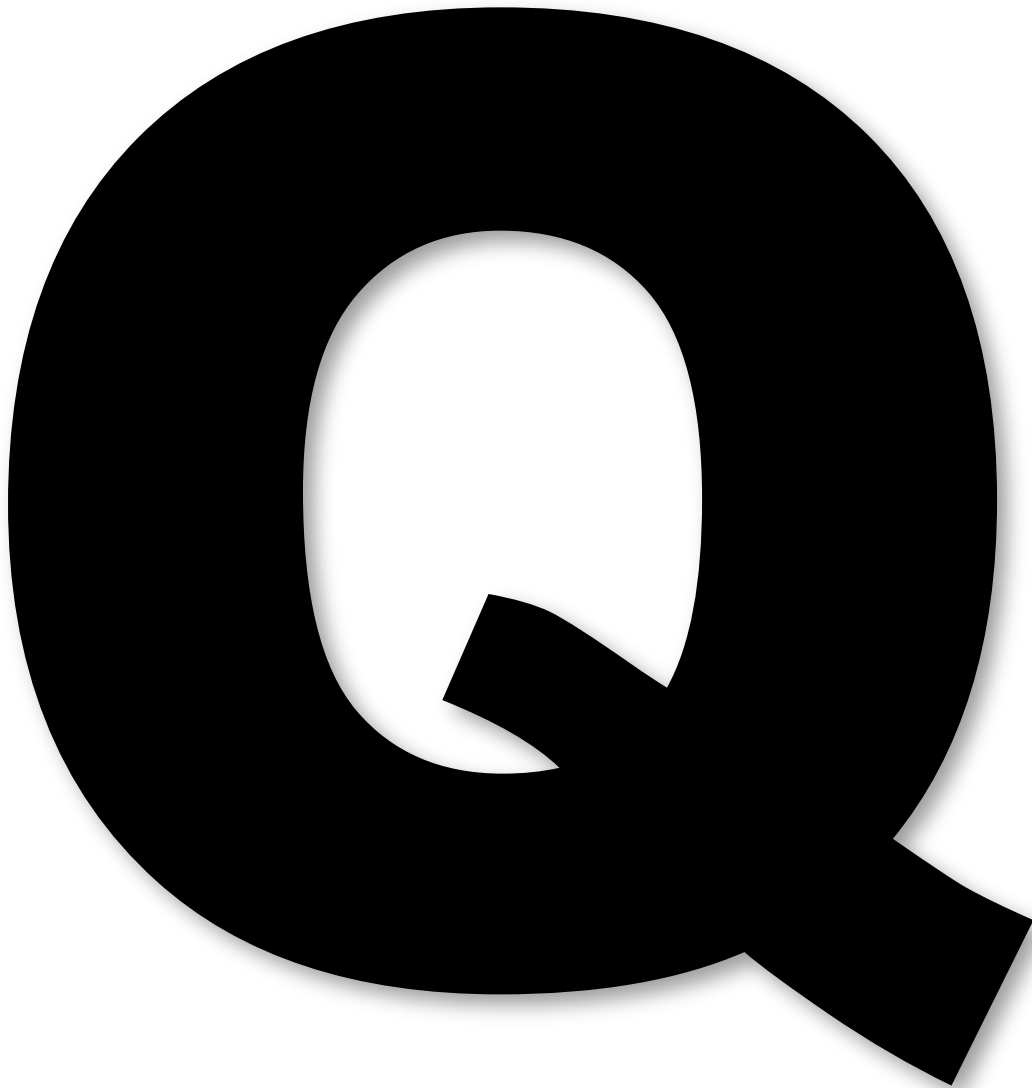


7 sauts en extension

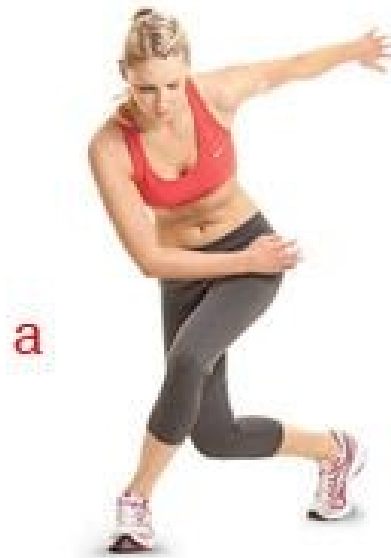
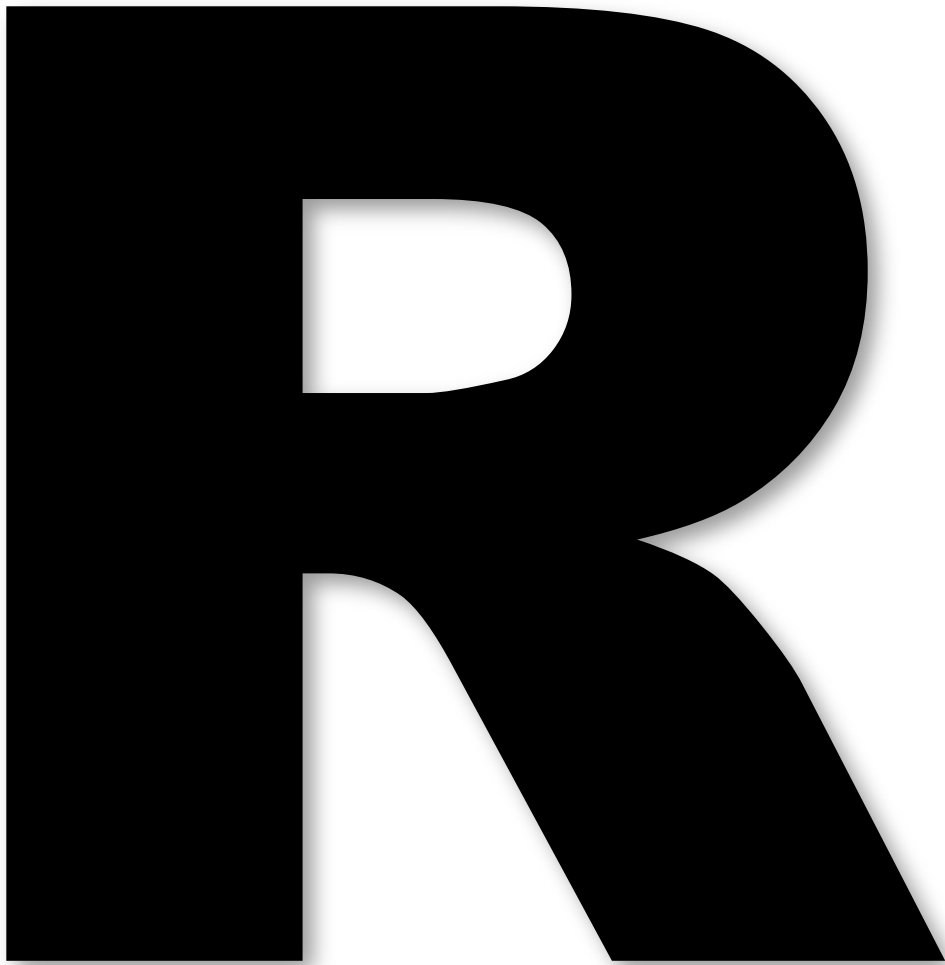
P



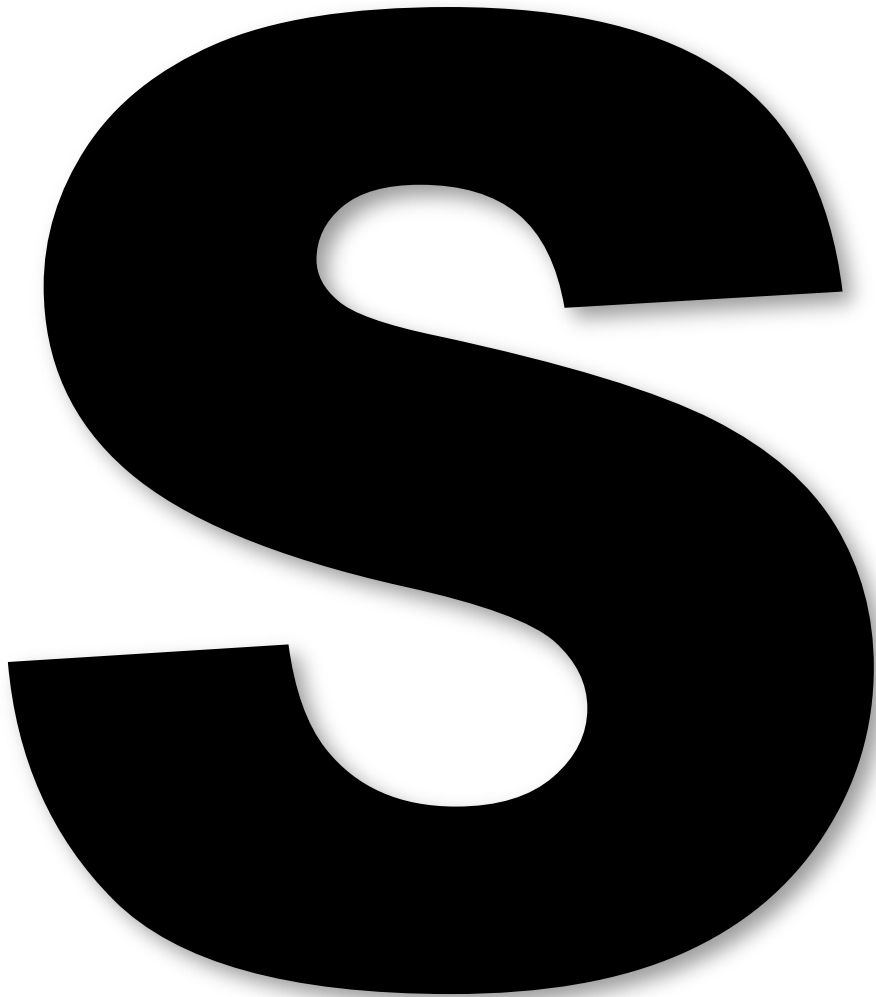
16 rotations des bras



8 patineurs

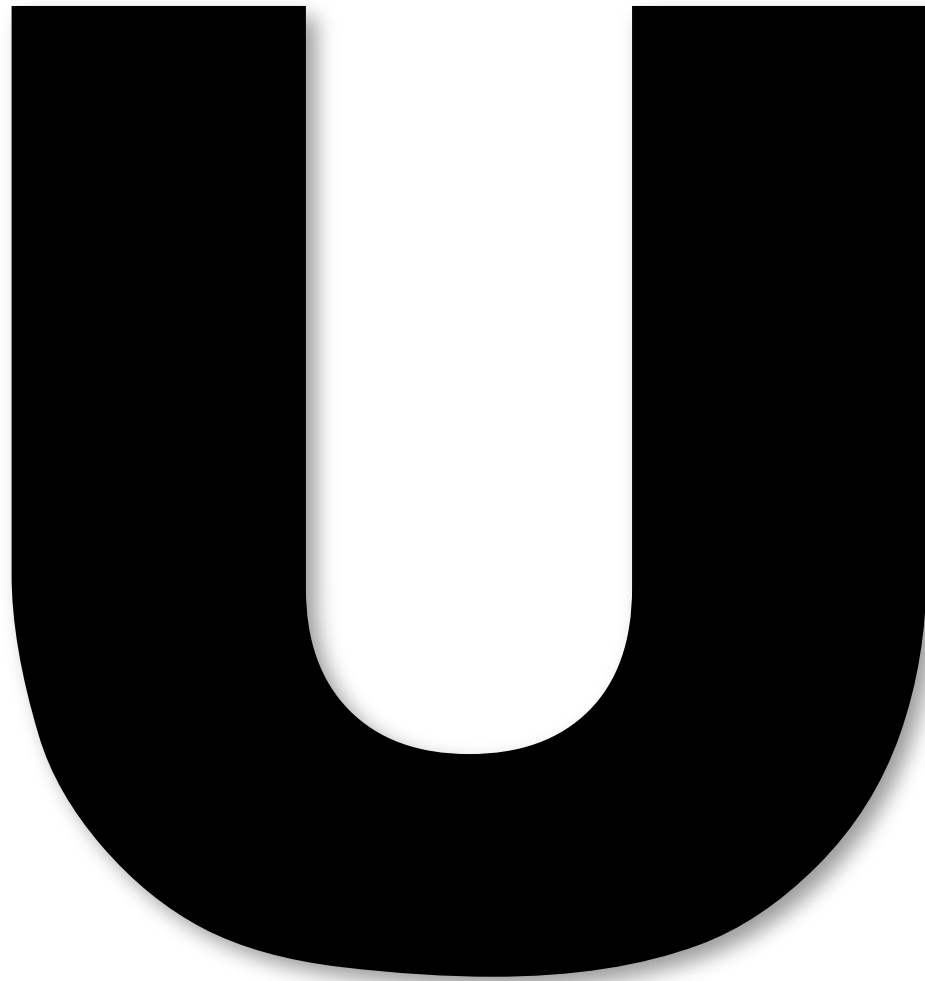


10 secondes de jogging sur place



16 talons aux fesses





3

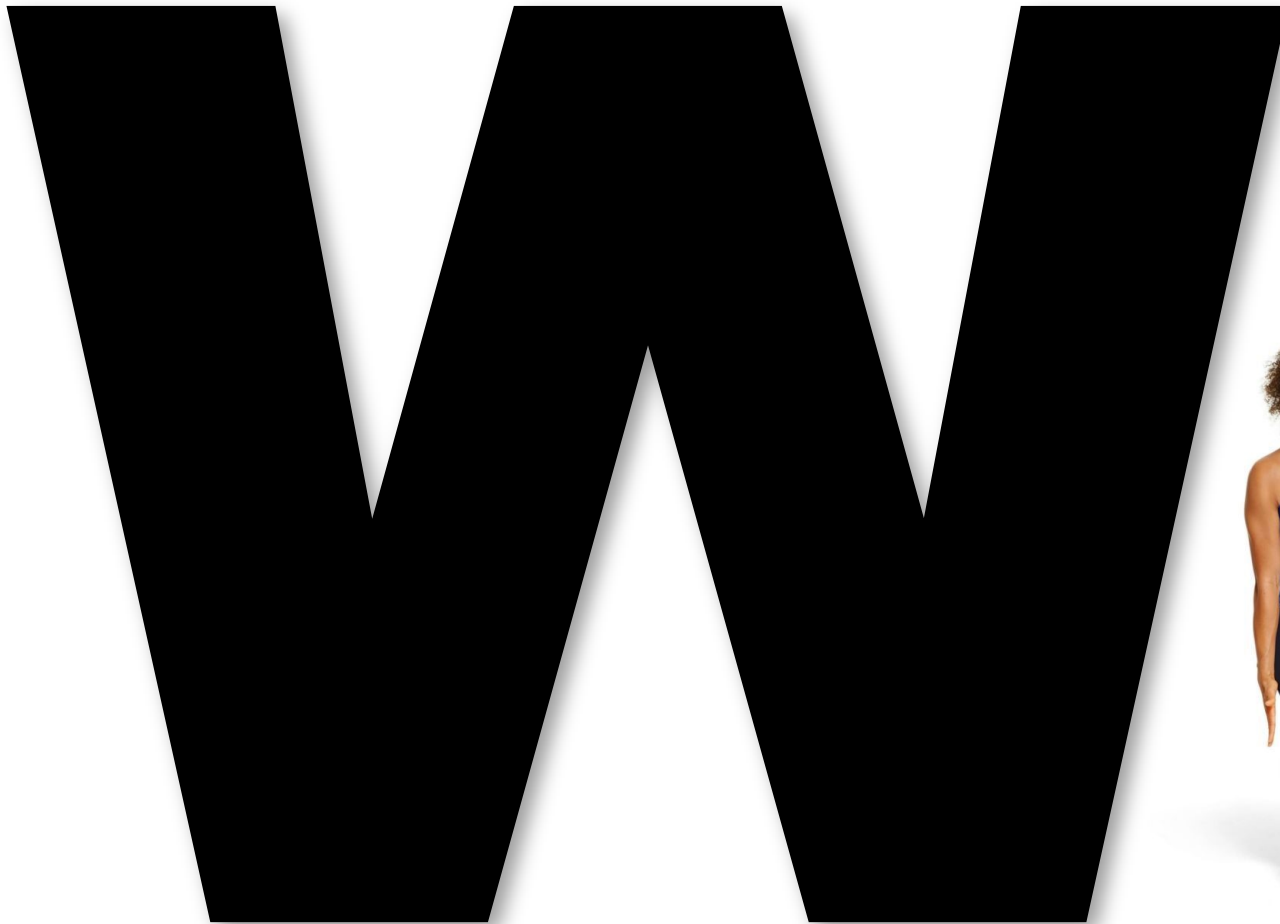
chenilles



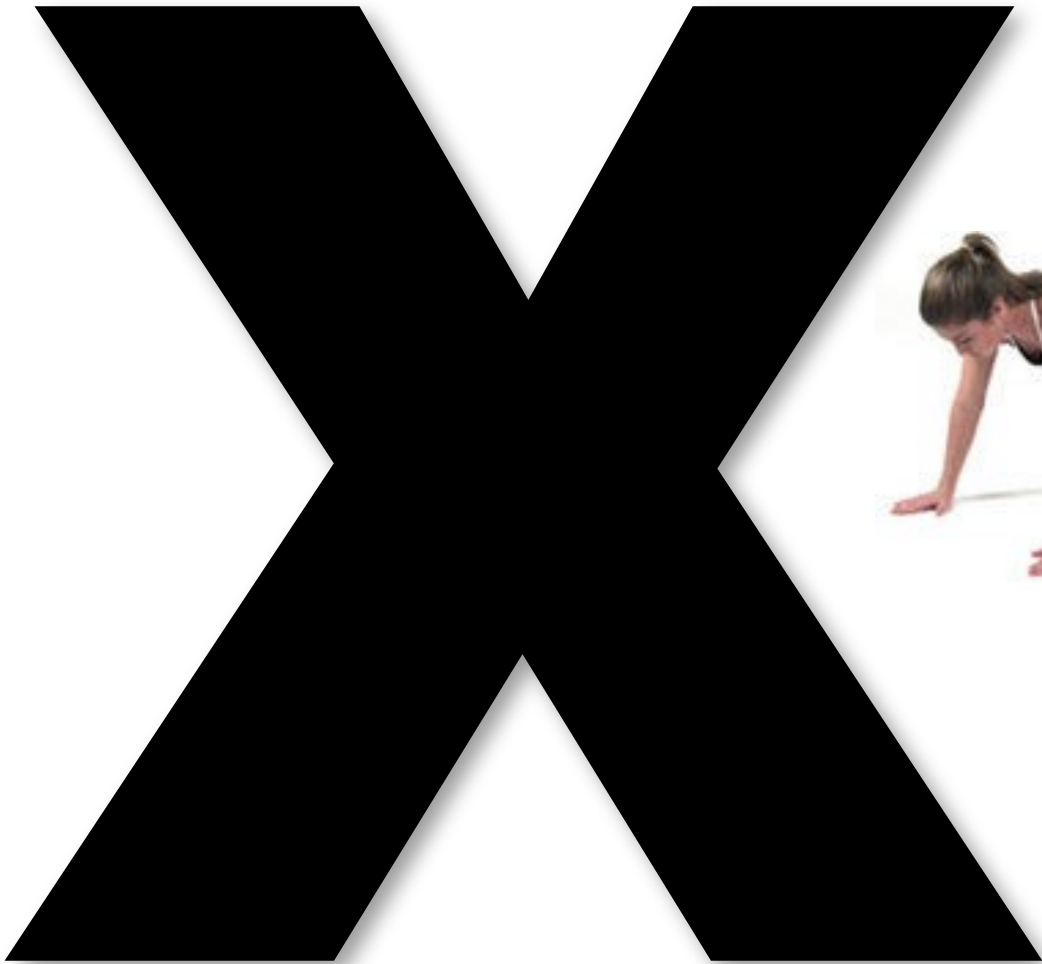
4 flexions des triceps



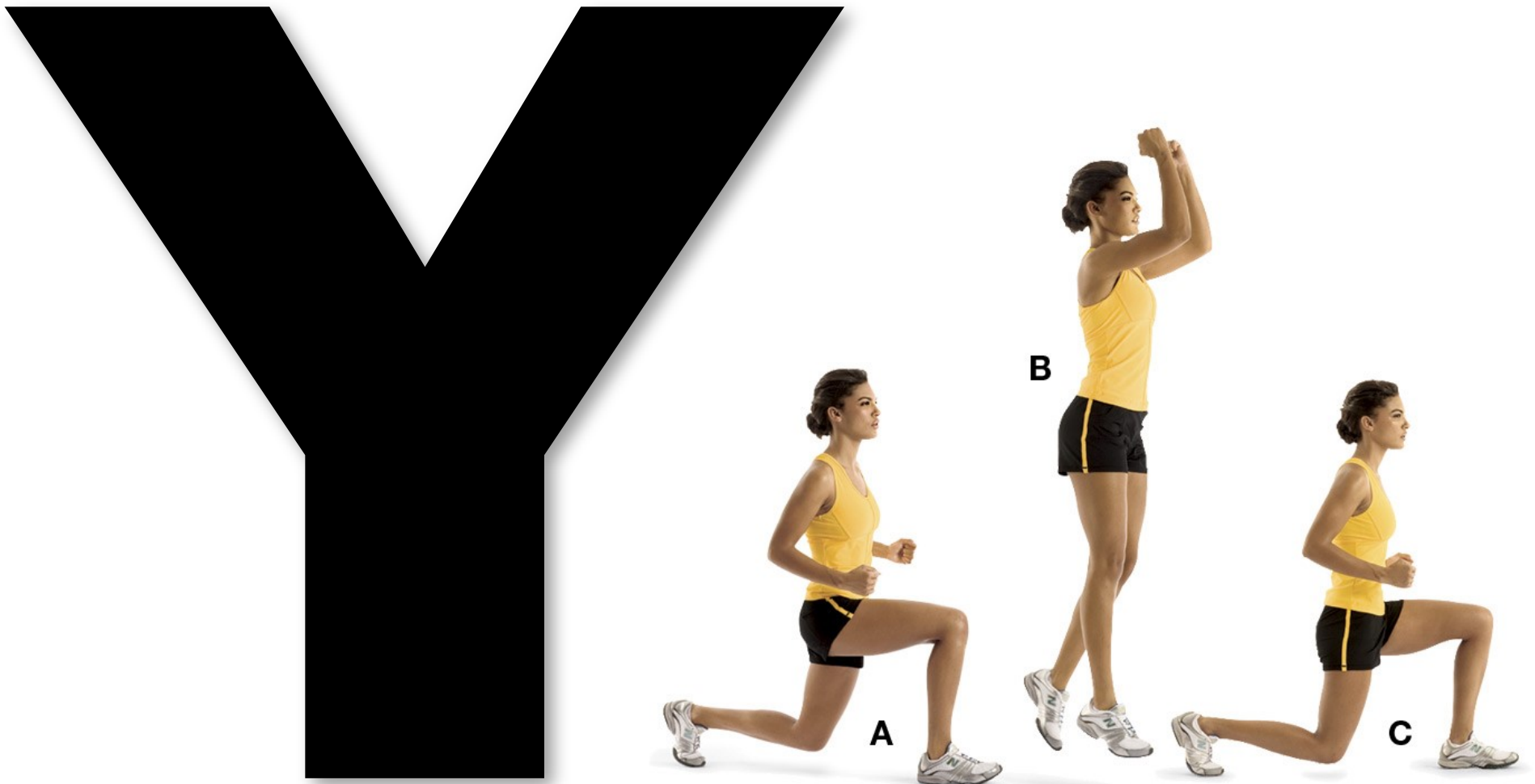
10 sauts étoile

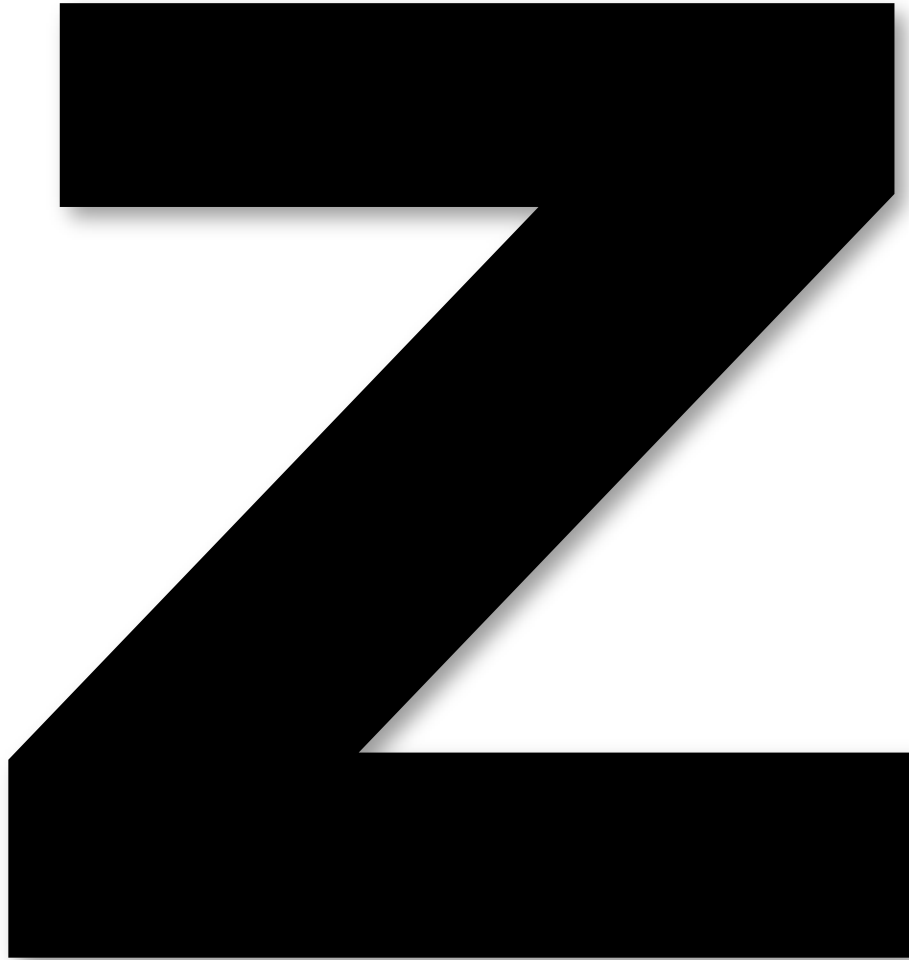


10 grimpeurs au sol



8 fentes sautées





12 bottés



A



B