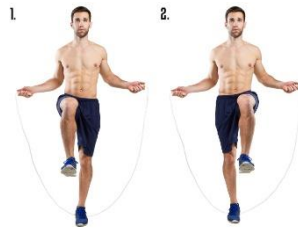


25 répétitions pour chaque exercice

SKIER



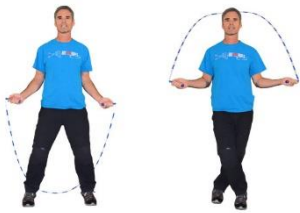
GENOUX



EQUILIBRE



PIEDS CROISES



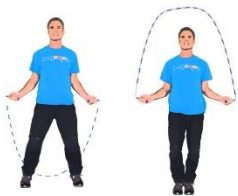
CISEAUX



CLOCHE



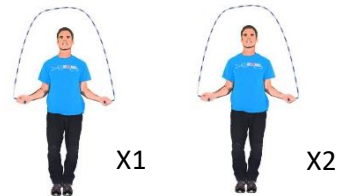
JACKS



MAINS CROISEES



SIMPLE-DOUBLE



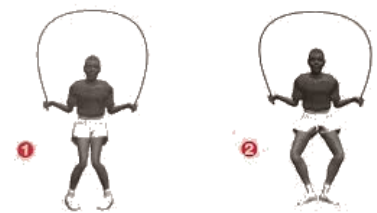
TWIST



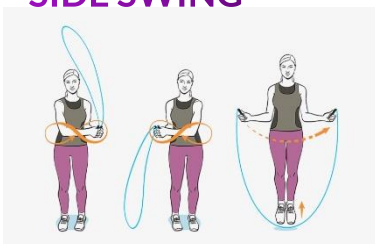
CAN CAN



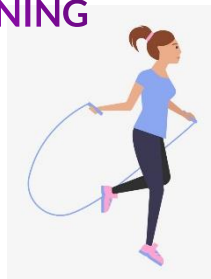
CANARD



SIDE SWING



RUNNING



ARRIERE

