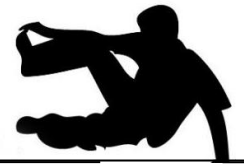




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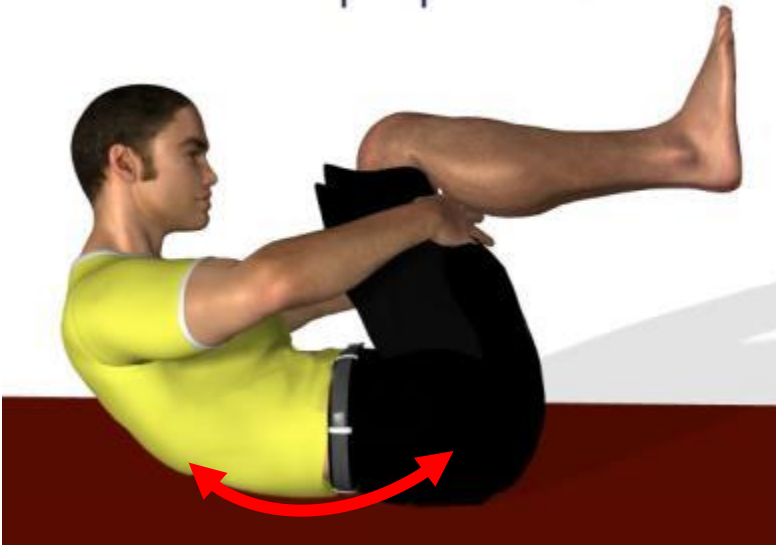




<http://eps.roudneff.com>

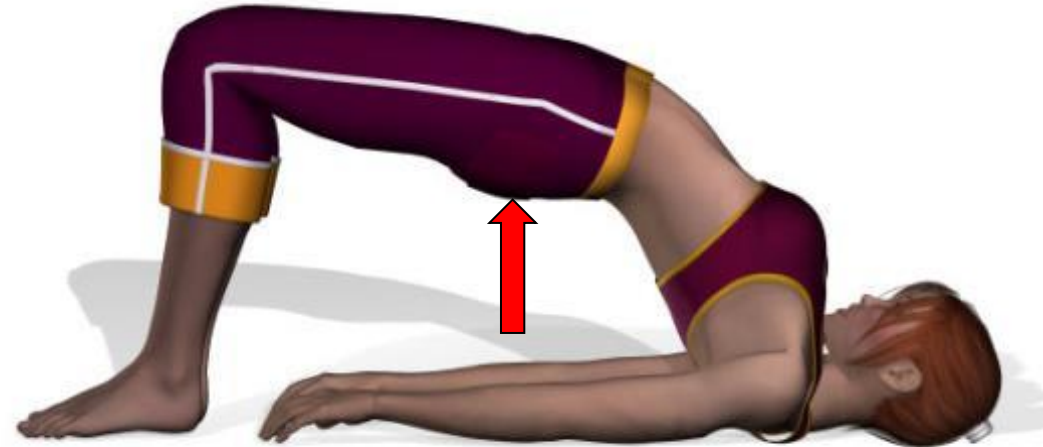
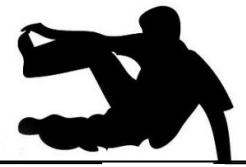


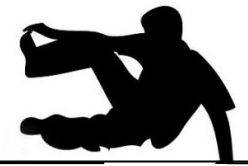
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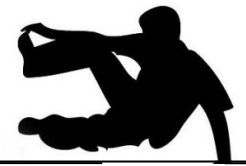


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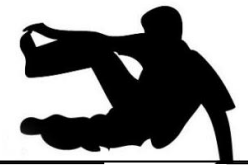


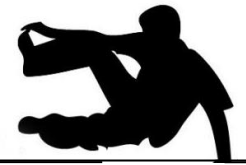




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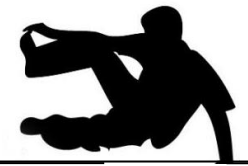
PARKOUR

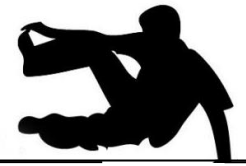


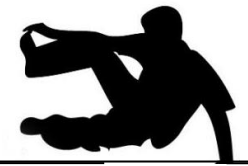


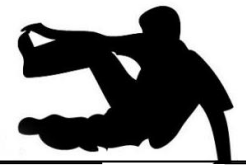
Les yeux sur les mains !

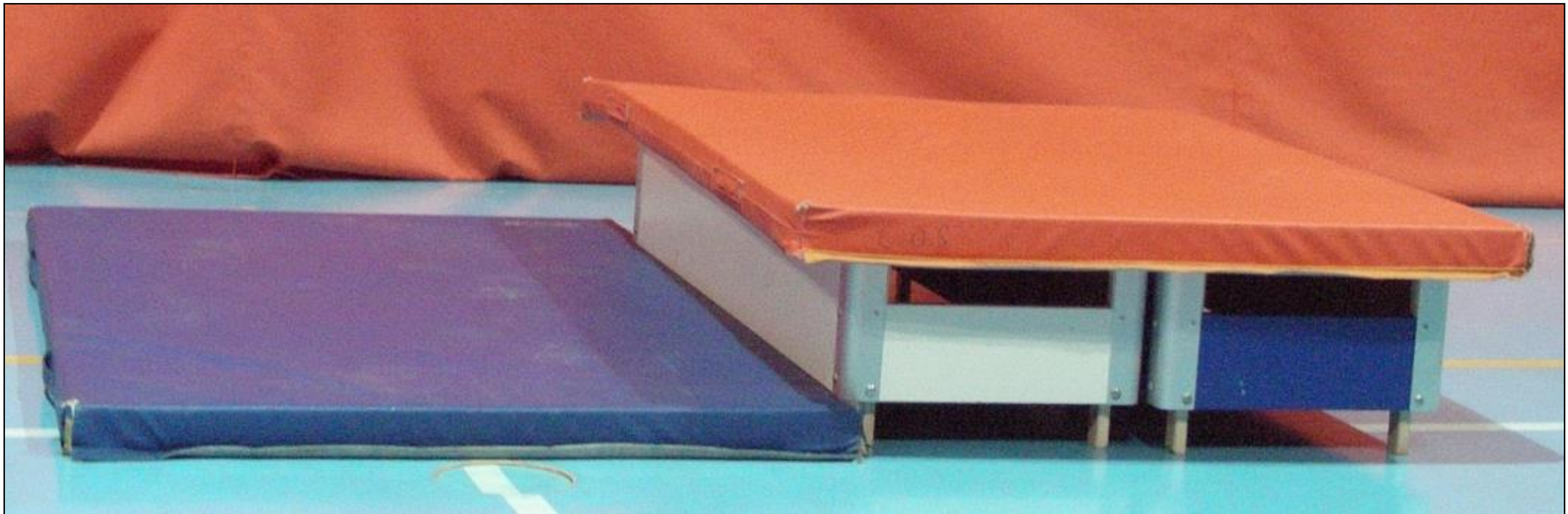
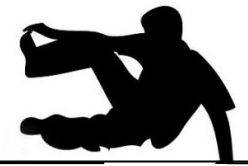


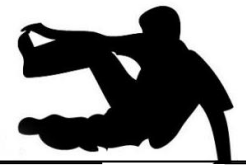


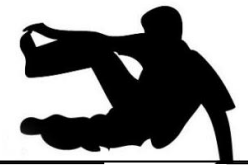


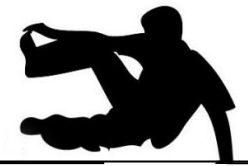


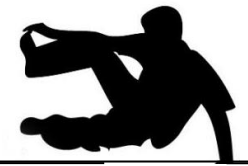


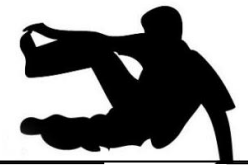


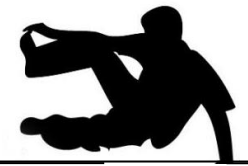


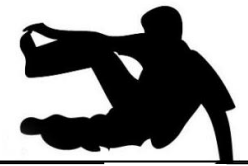


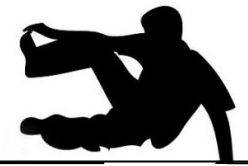






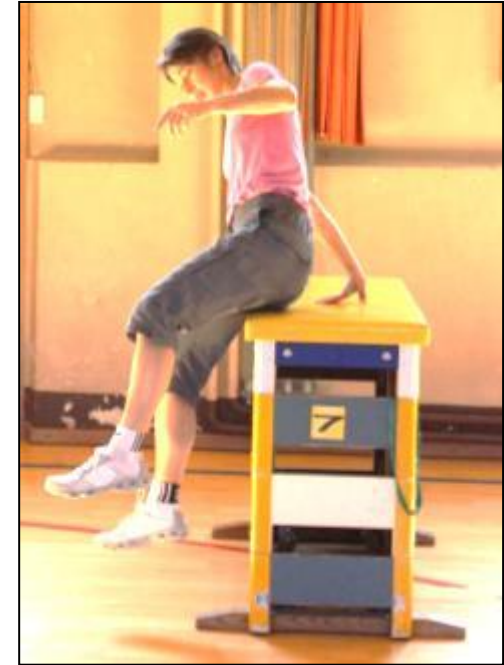
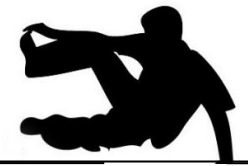






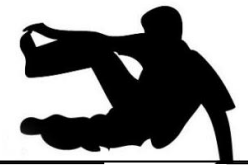
5-6P

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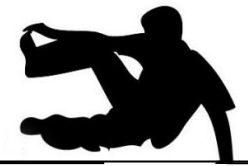
AVEC
ou
SANS
pose des fesses
sur le caisson

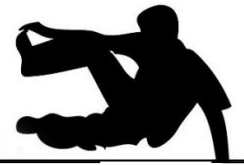




5-6P

PARKOUR





ROULER

1. Appui sur la main et l'avant-bras
2. Poser « la suite du bras » jusqu'à l'épaule
3. Rouler sur le dos jusqu'à l'autre épaule
4. Se relever et repartir

