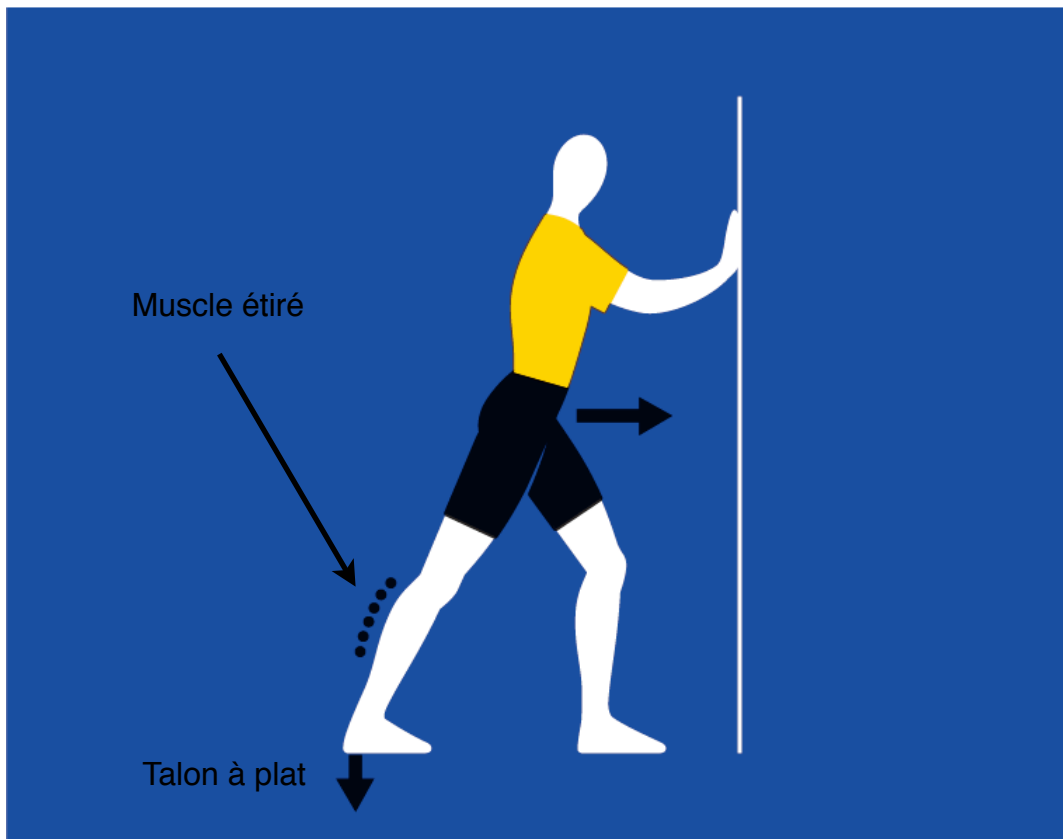
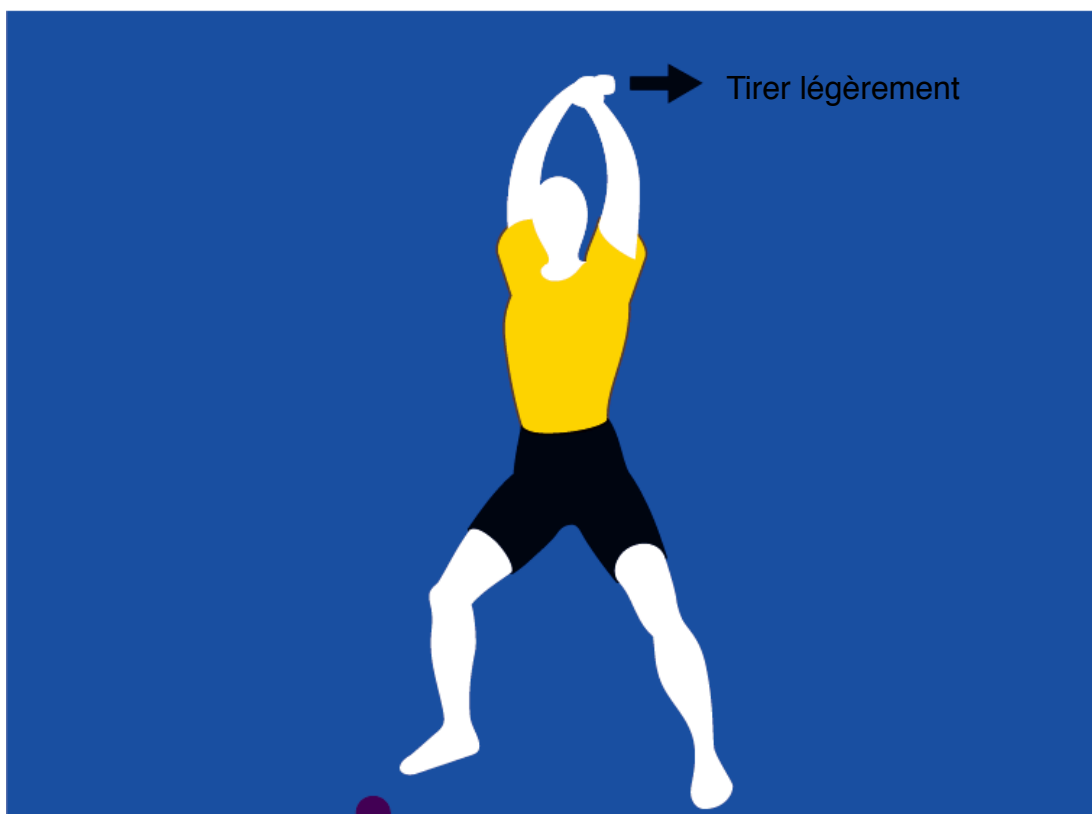
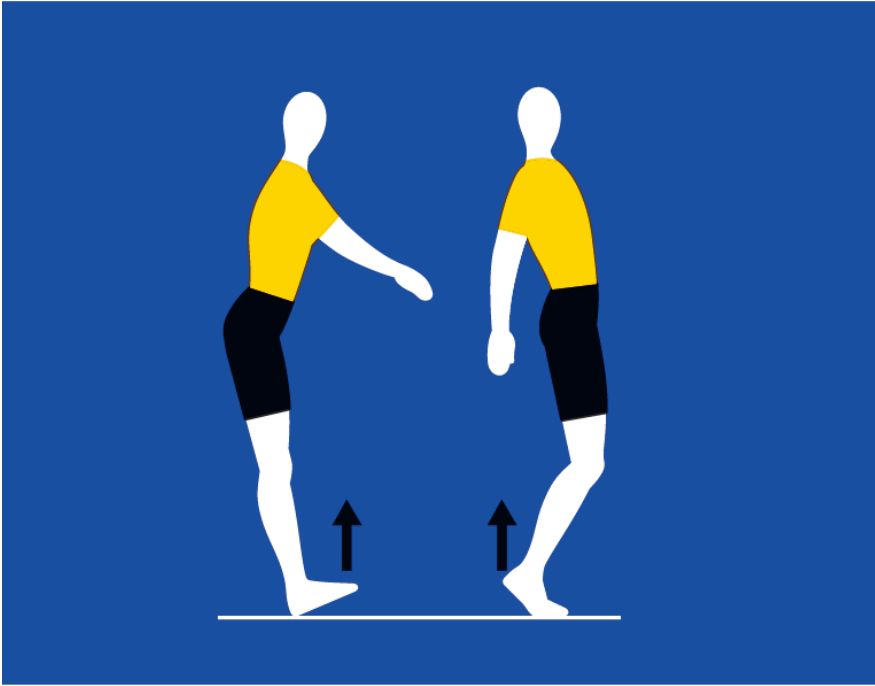


15 secondes jambe gauche et 15 secondes jambe droite



Inspirer et expirer profondément



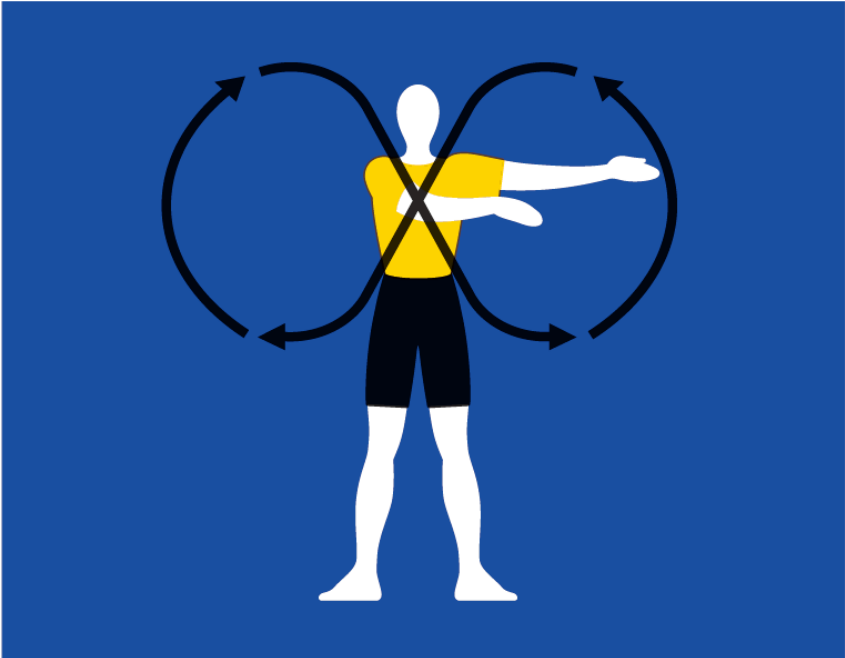


Minimum 10x

Minimum 10x



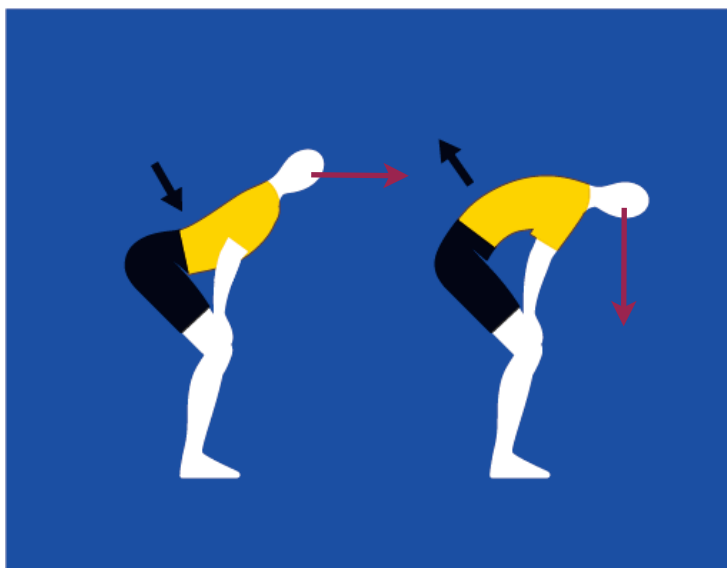
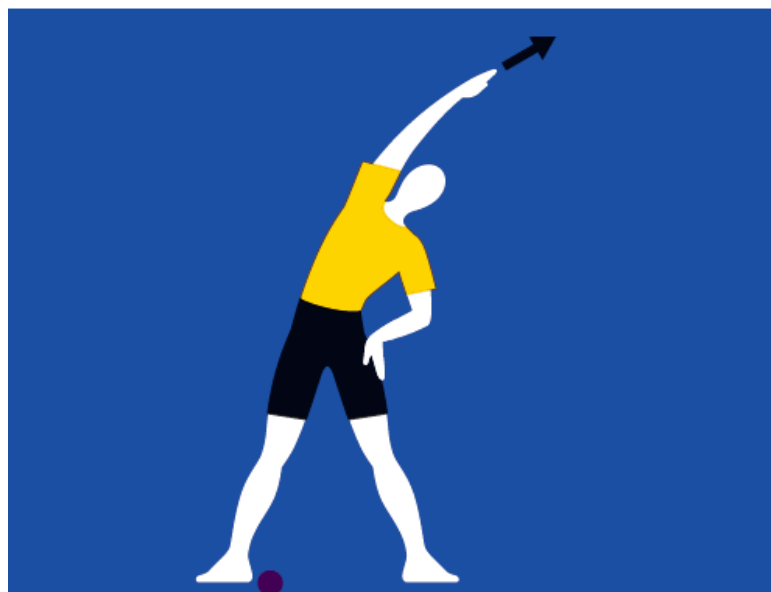
Minimum 10x



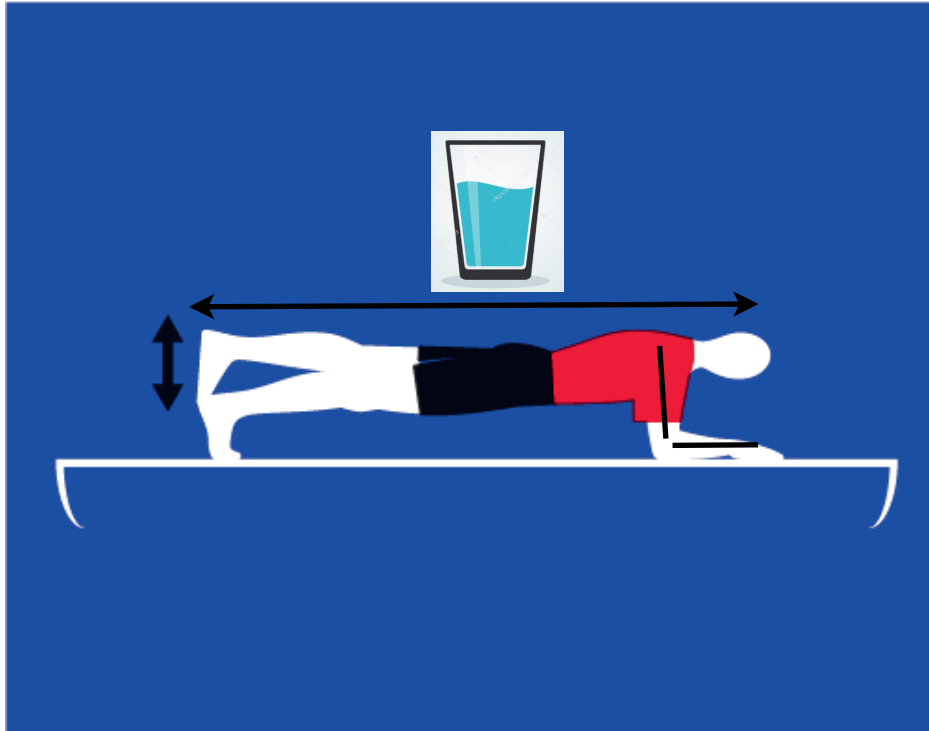
Minimum 10x de chaque côté



Minimum 10x de chaque côté

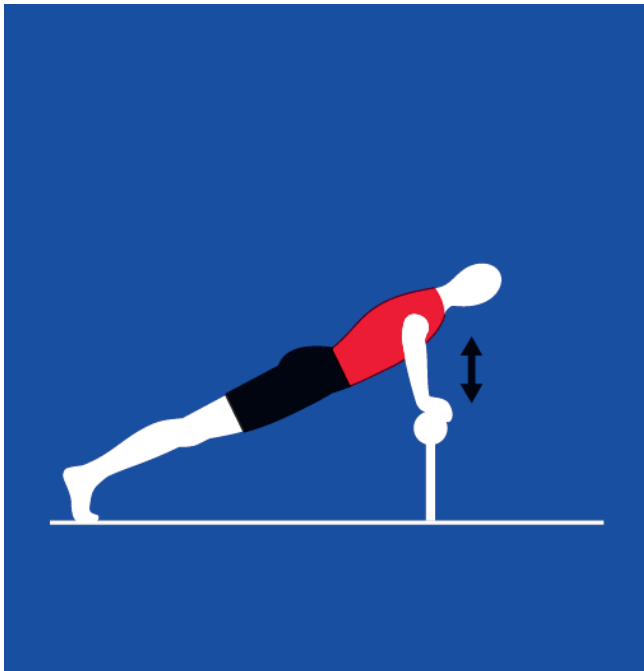


Lentement,
regardez le sol puis
droit devant vous!

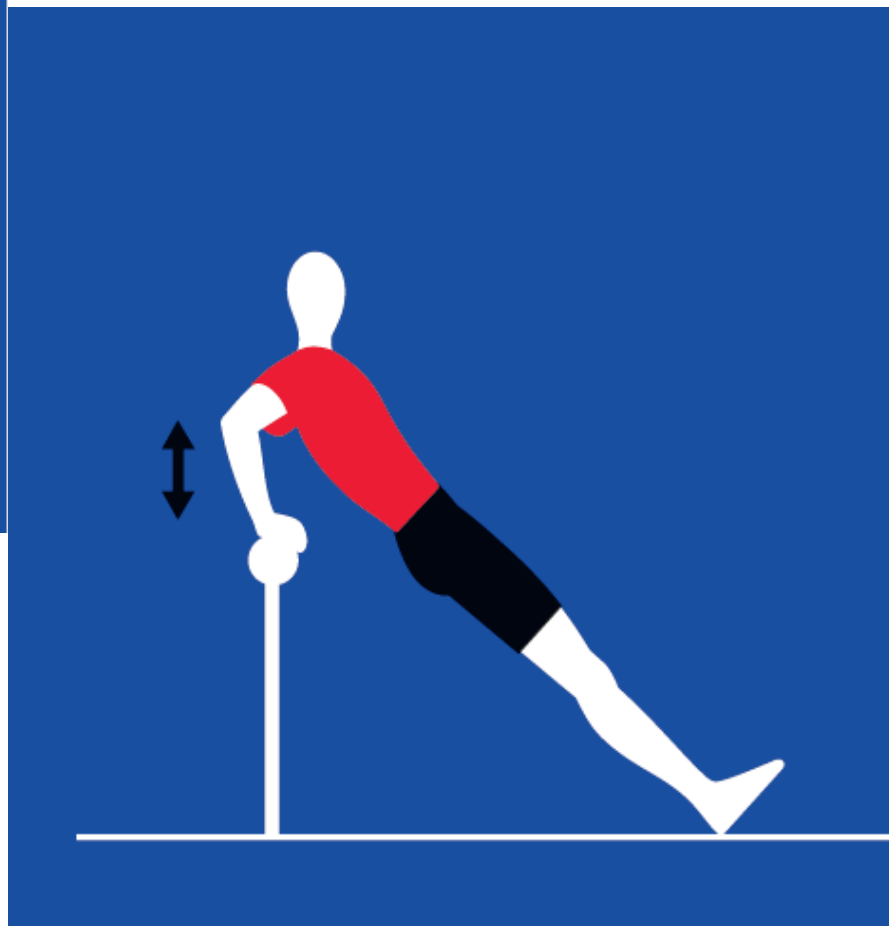


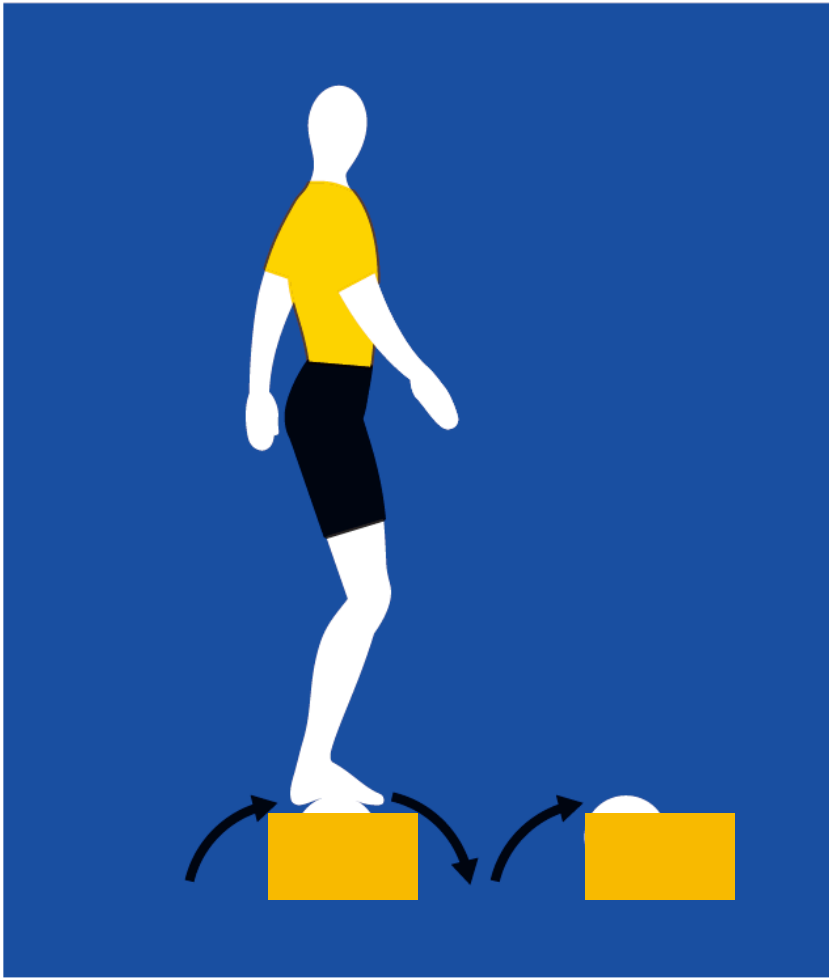
Tenir minimum 10 secondes!

Si tu arrives, lève la jambe gauche puis la droite.

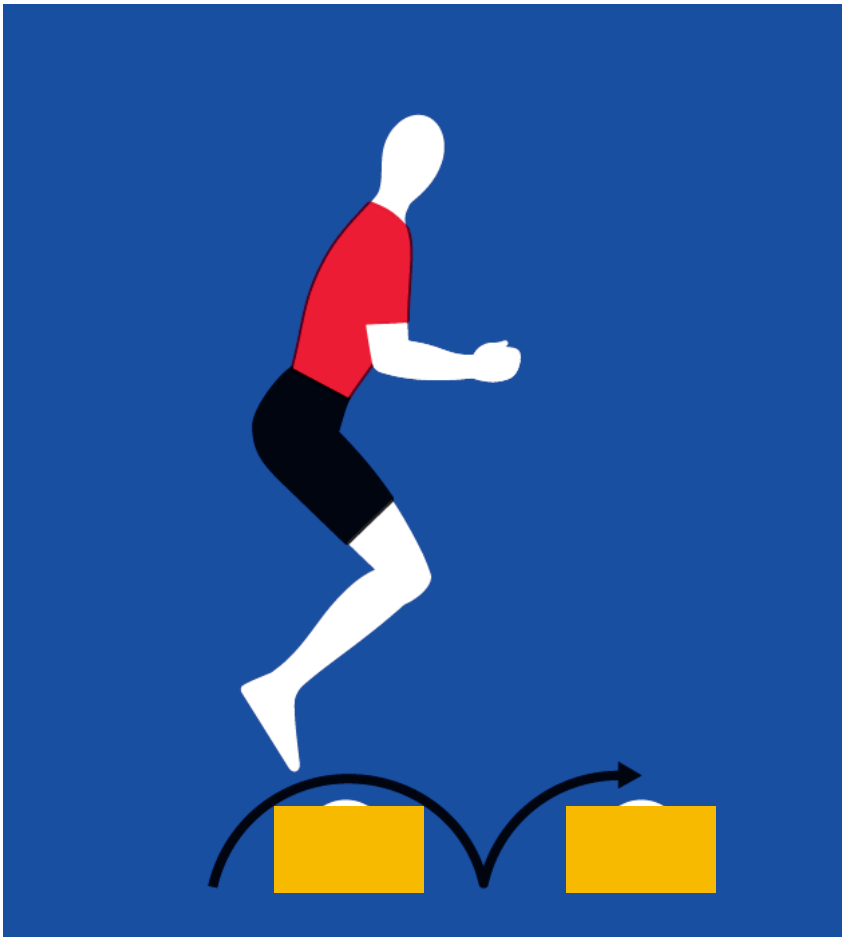


Minimum 5x



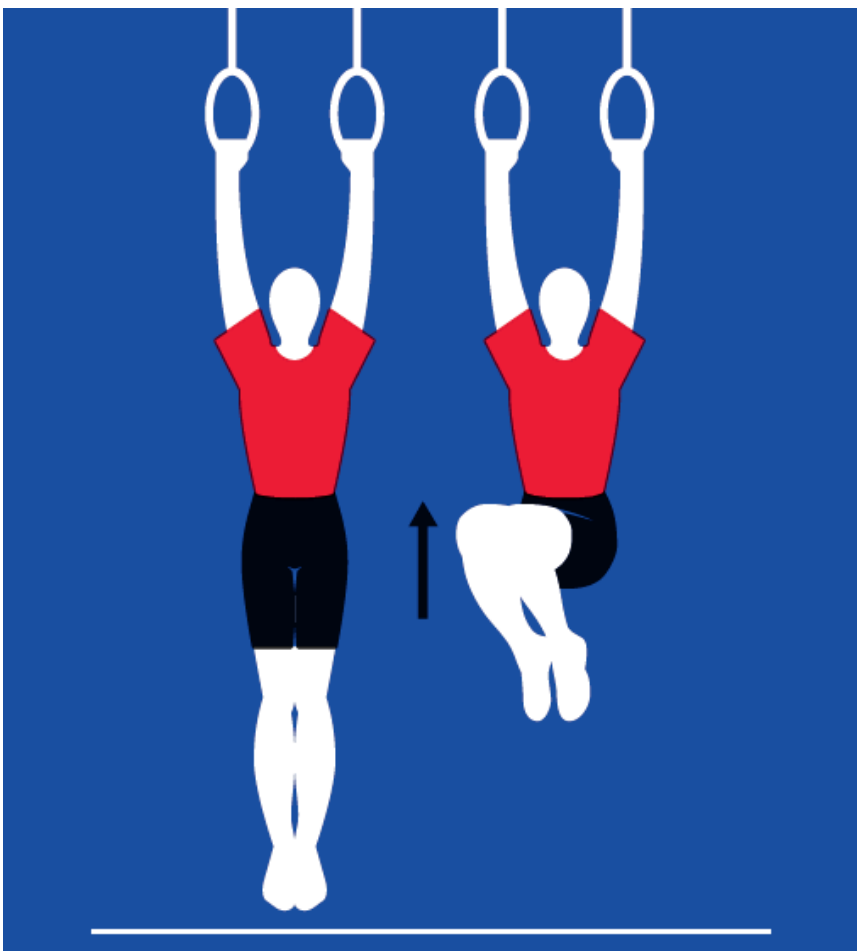


Les plots restent bien à plat.





Minimum 5x de chaque côté



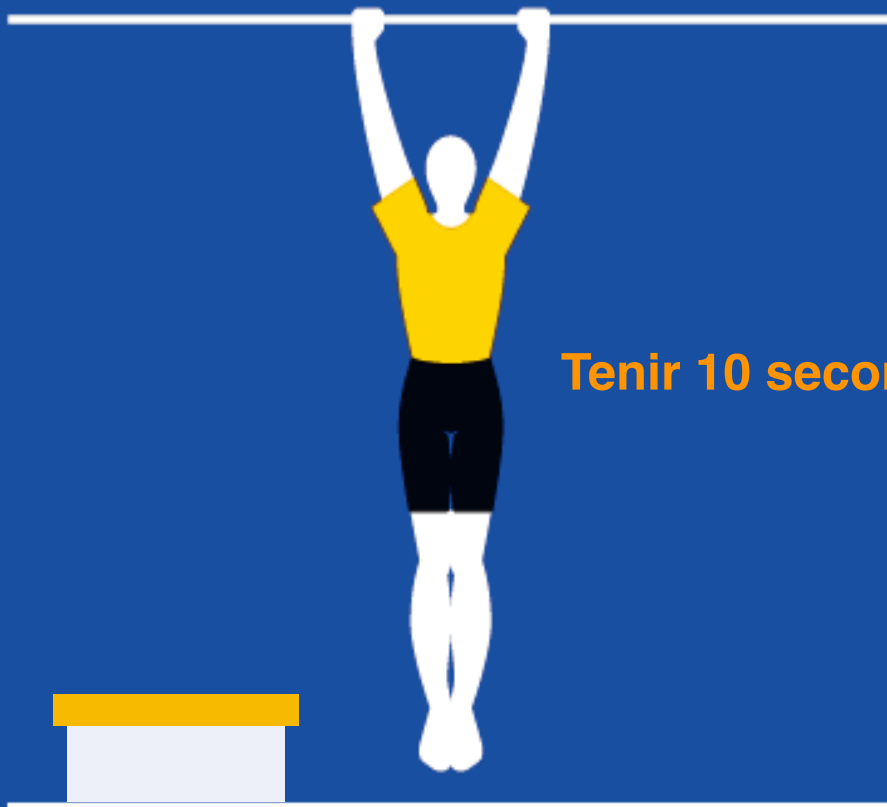
Minimum 5x

Au moins
3 fois

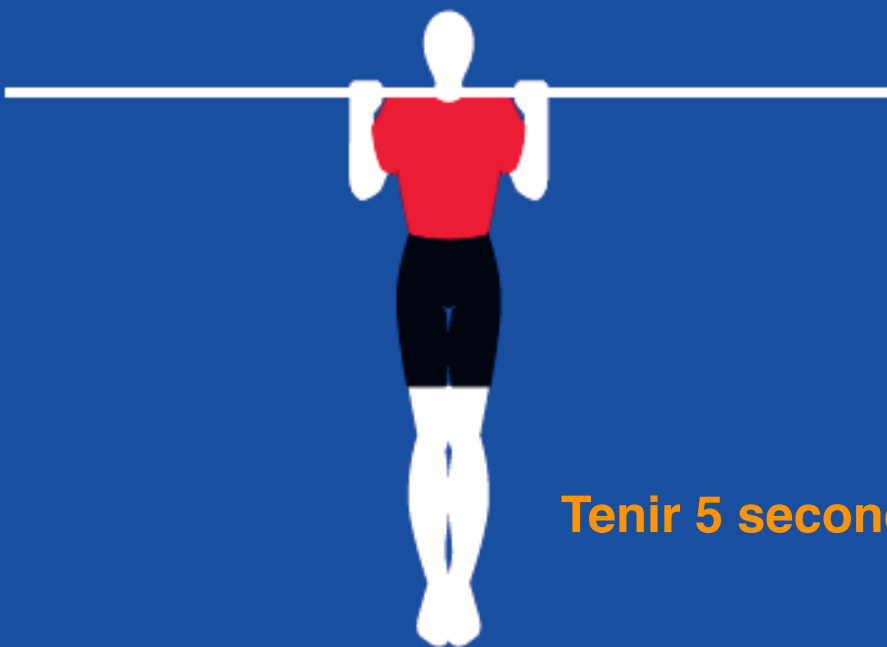


Au moins
1 parcours

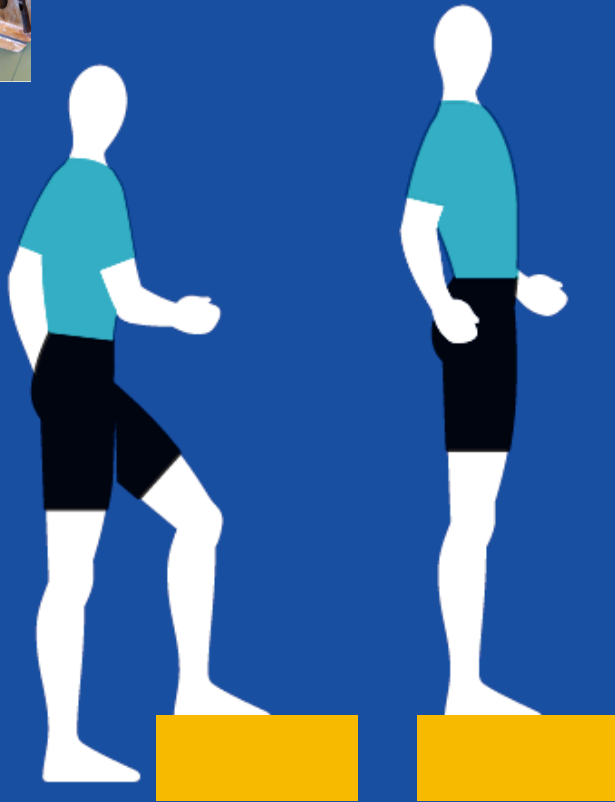




Tenir 10 secondes



Tenir 5 secondes



Monter et descendre le plus rapidement possible

Pendant 1 minute au moins

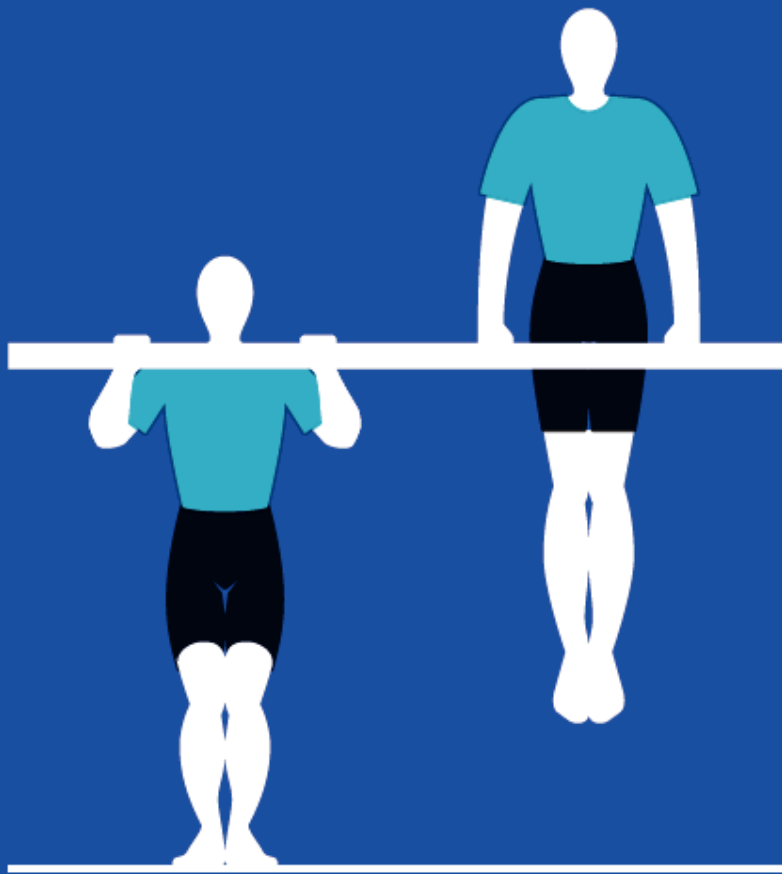


L'aiguille rouge fait un tour complet

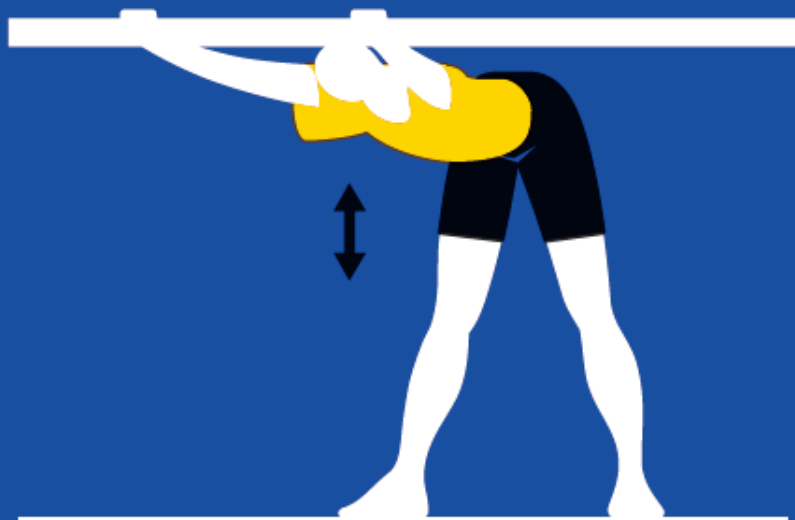


Au moins 10 fois chaque jambe

Au minimum 10x



Au minimum 10x





1 à la fois sans courir!!



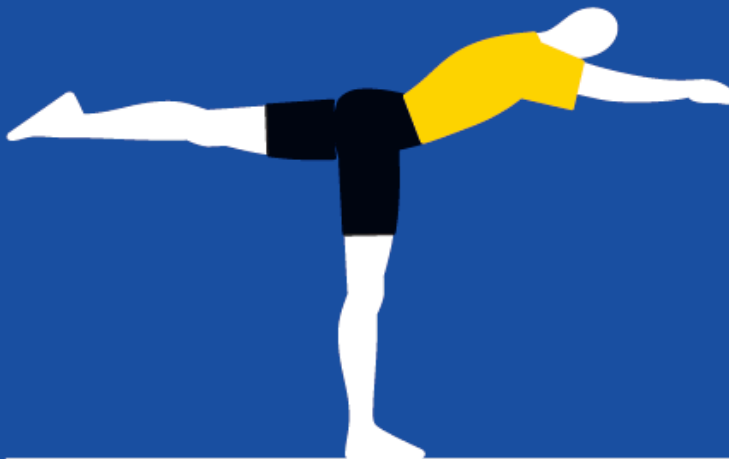
1 : Traverse en avant!



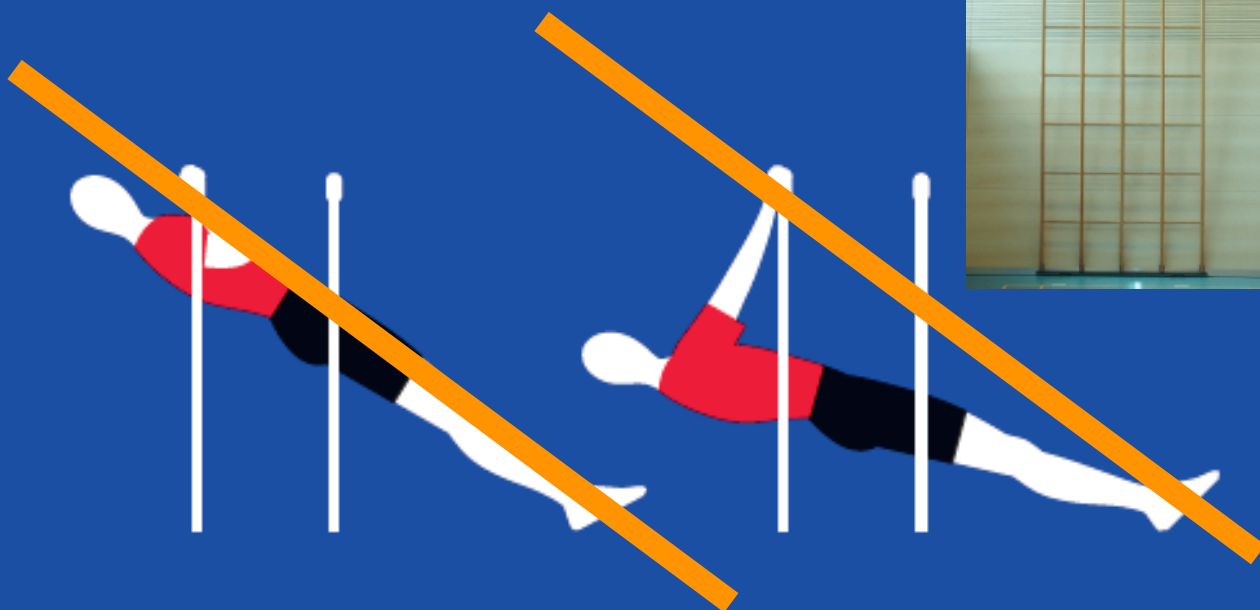
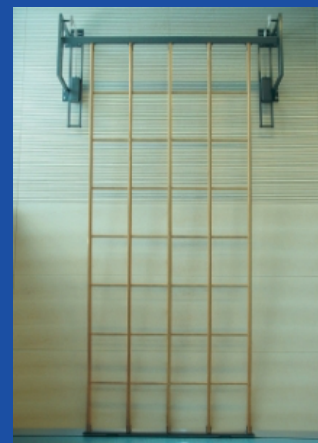
2 : Traverse en arrière!



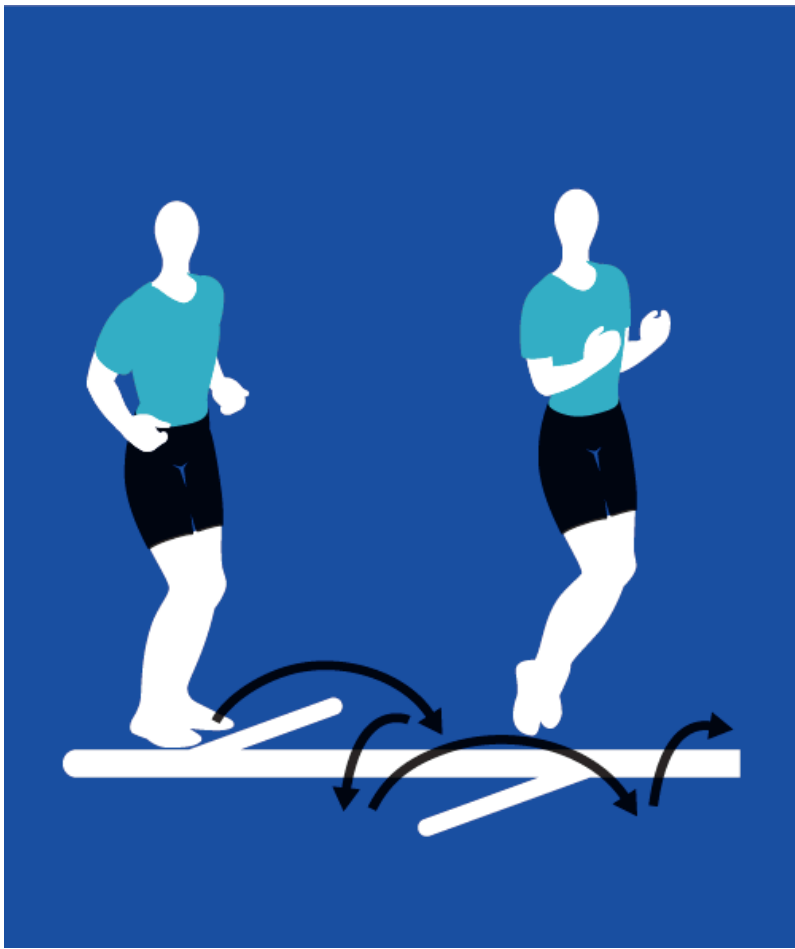
Tenir 5 secondes sur chaque pied!



Aux cadres suédois (inclinés)



Au minimum 5x



**Au minimum
3 traversées**



Au minimum 15x