
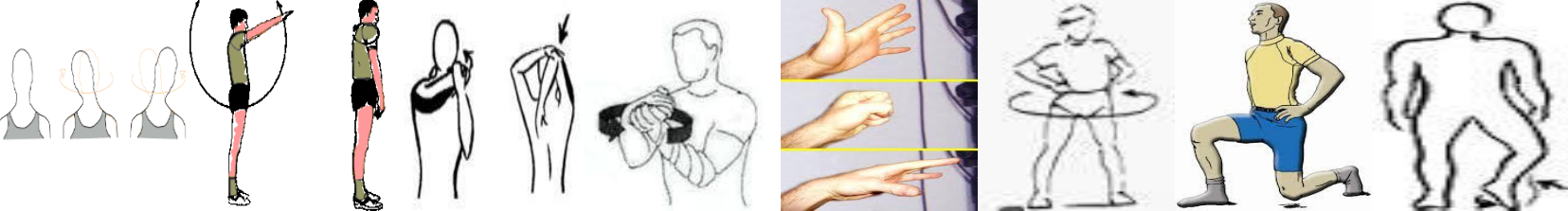
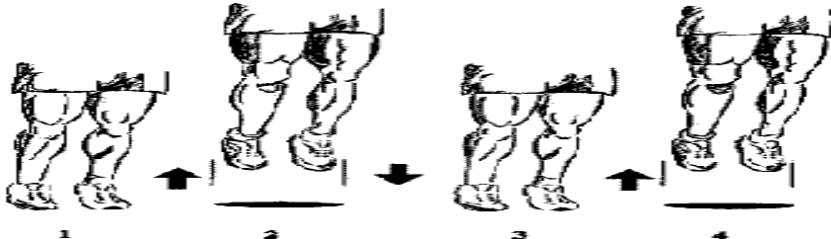


Echauffement Gym

<p>1</p>	<p>Course 2 tours de terrain</p>	
<p>2</p>	<p>Articulations Echauffer chaque articulation pendant 5 secondes</p>	 <p>Tête Epaules Bras Poignets Doigts Bassin Hanche Cheville</p>
<p>3</p>	<p>Saut 3x 10 sauts pieds serrés</p>	
<p>4</p>	<p>Roulade avant 6 roulades avant (départ contrehaut si besoin)</p>	