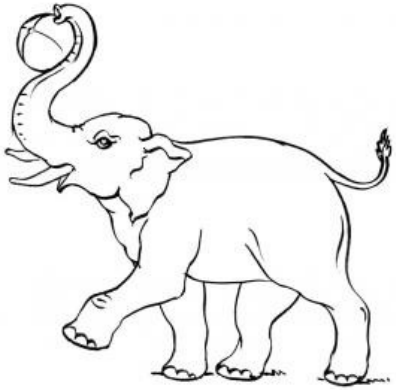
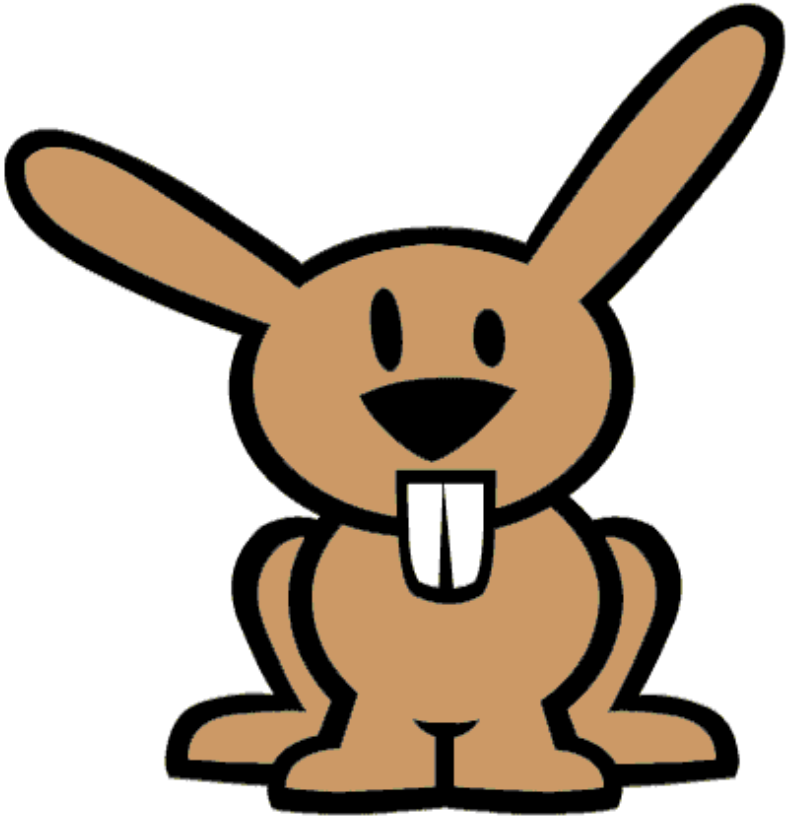
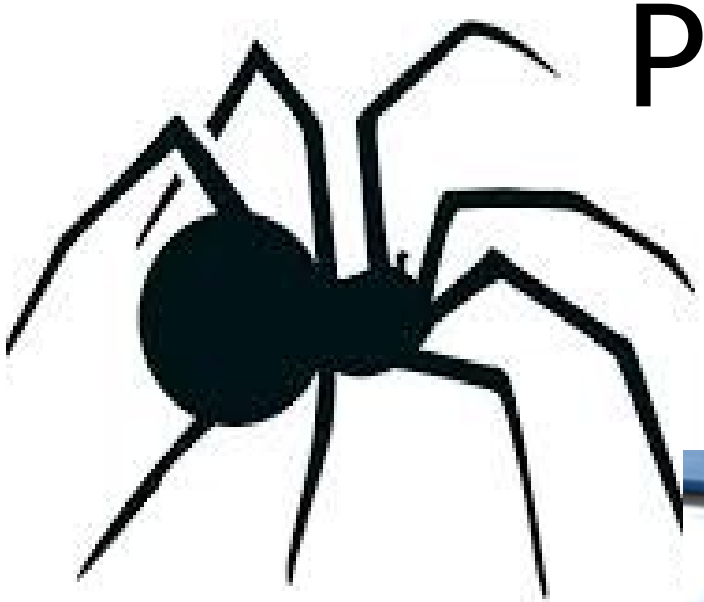


Jambes et bras **tendus**

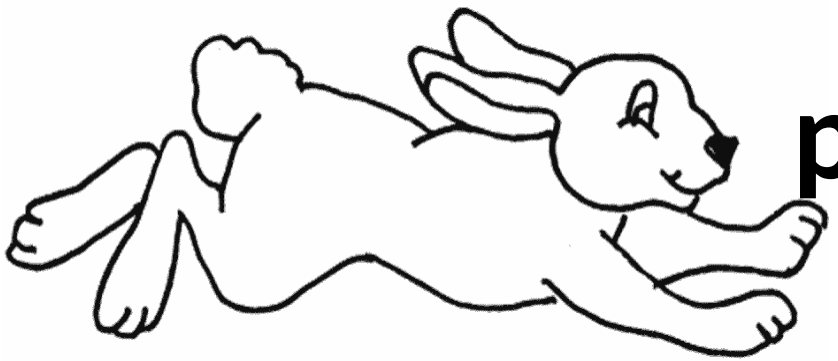


Bras tendus

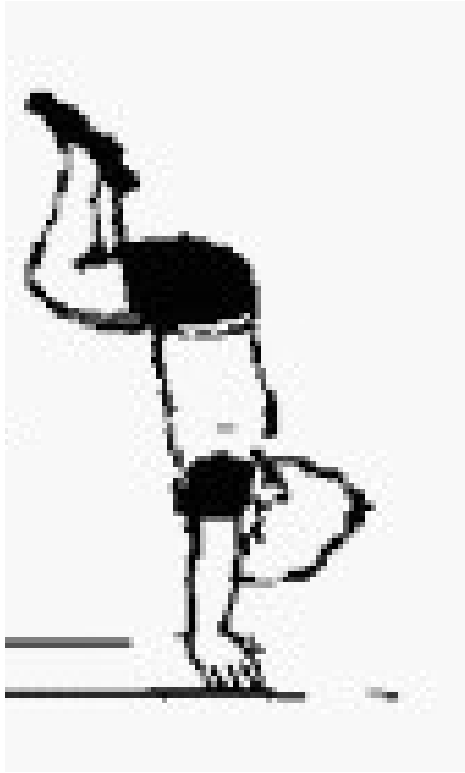
Les bras bouchent les oreilles



Pousse tes fesses vers le haut



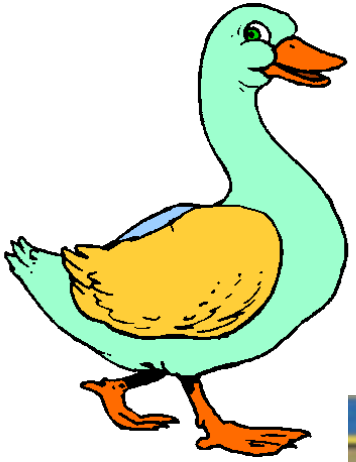
Pose tes mains **plus loin** et monte tes fesses

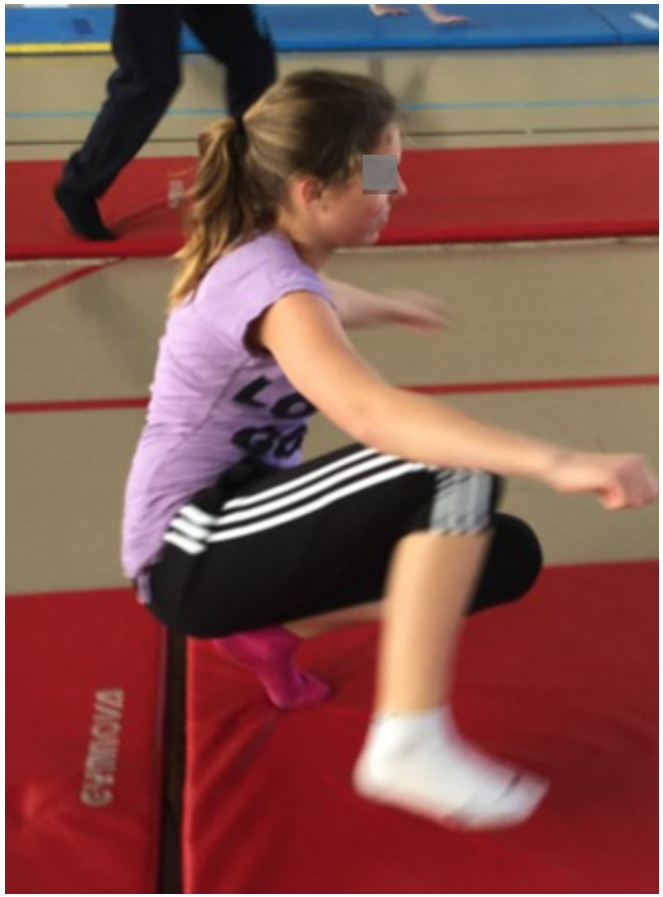


5 secondes

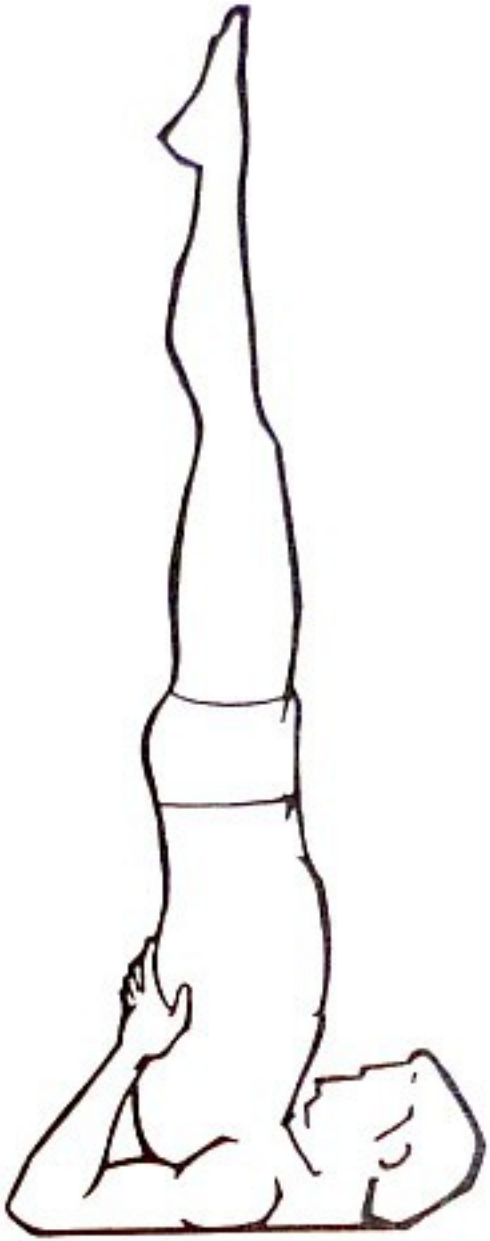
Aligne toi

Gaine toi





Baisse toi le plus bas possible



Chandelle
Aligne toi

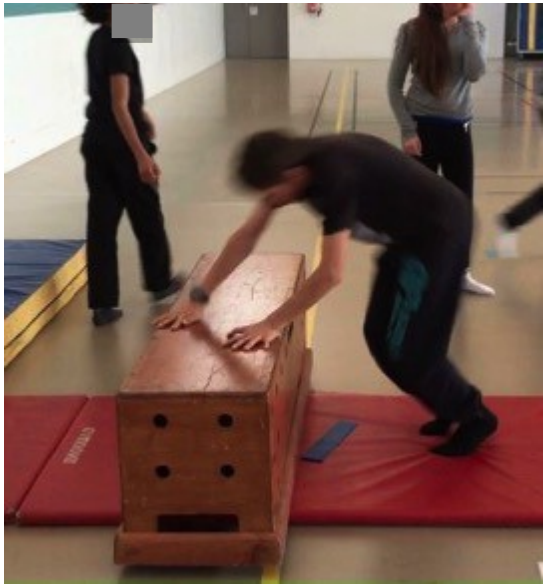
Viens toucher le mur avec les pieds

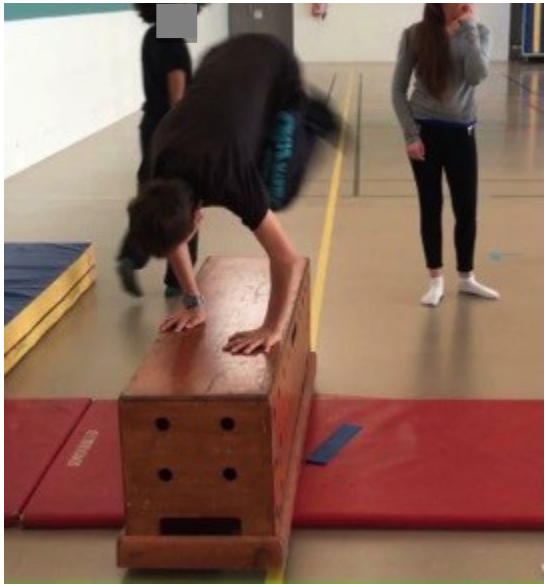
Saut ½ tour

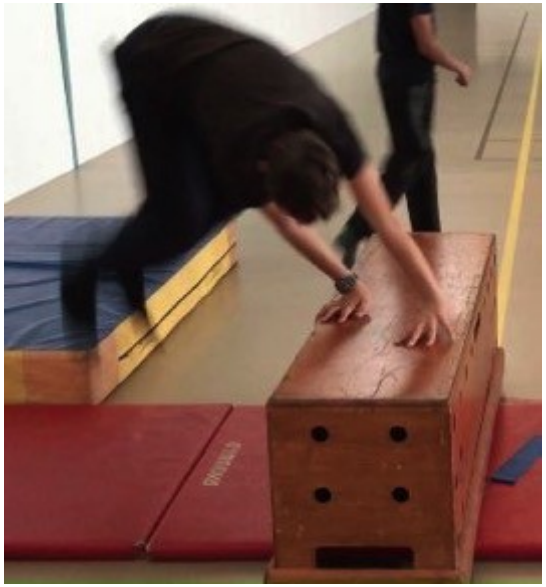
Lève et baisse les bras

Saut

Franchis et monte tes fesses







Place ton dos et une jambe au mur