

**COACH**



**TA FORME!**



**UGSEL**

***ACTION***



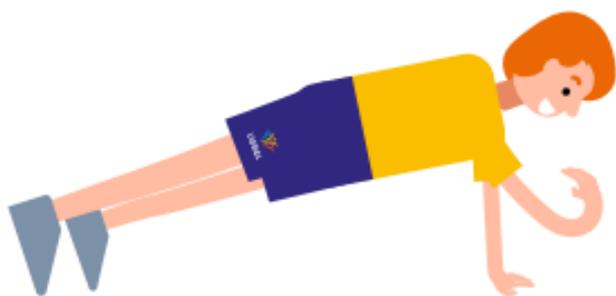
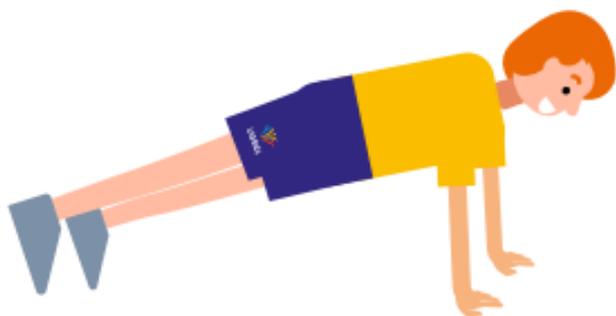
**FLAMANT ROSE**

***ACTION***



**COUDE-GENOU**

**ACTION**



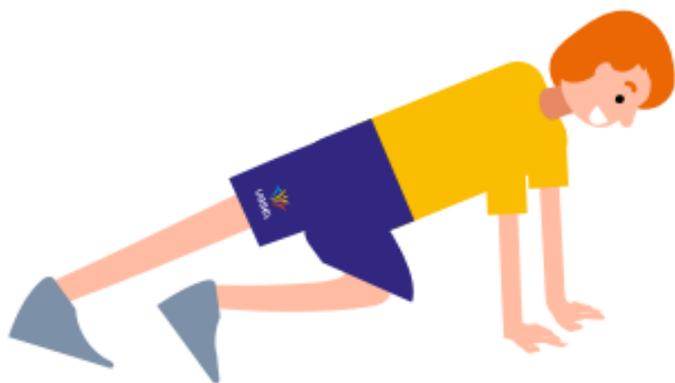
**PLANCHE TOUCHER  
ÉPAULE**

***ACTION***



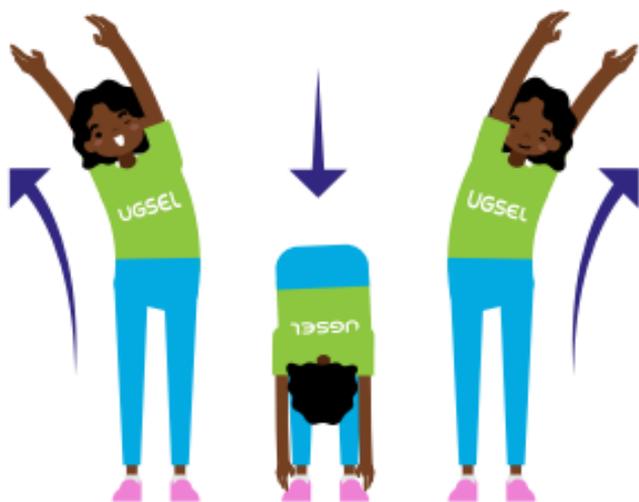
**CLOCHE PIED**

***ACTION***



**MOUNTAIN CLIMBER**

**ACTION**



**DRAPEAU DANS  
LE VENT**

***ACTION***



**JUMPING JACK**

***ACTION***



**COURIR SUR PLACE**

***ACTION***



**DESSINE UN «8»  
EN ÉQUILIBRE**

***ACTION***



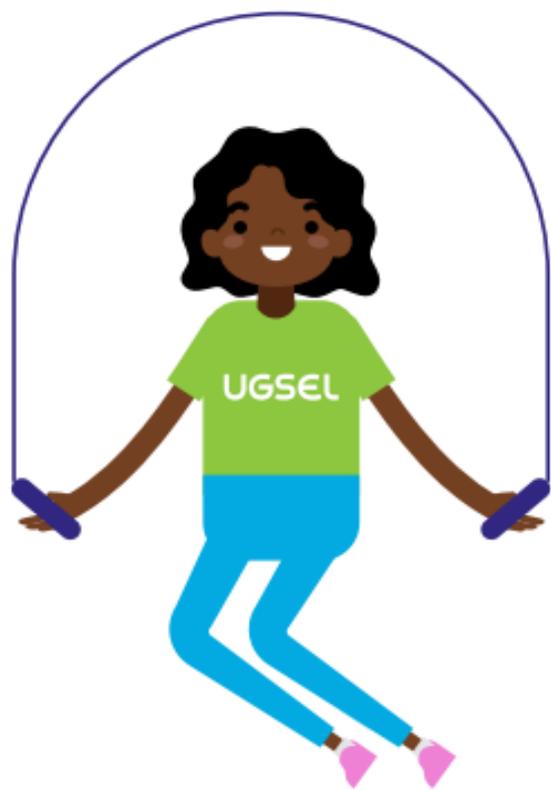
**TOUCHER LE SOL  
SUR UN PIED**

**ACTION**



**SQUATS SAUTÉS**

***ACTION***



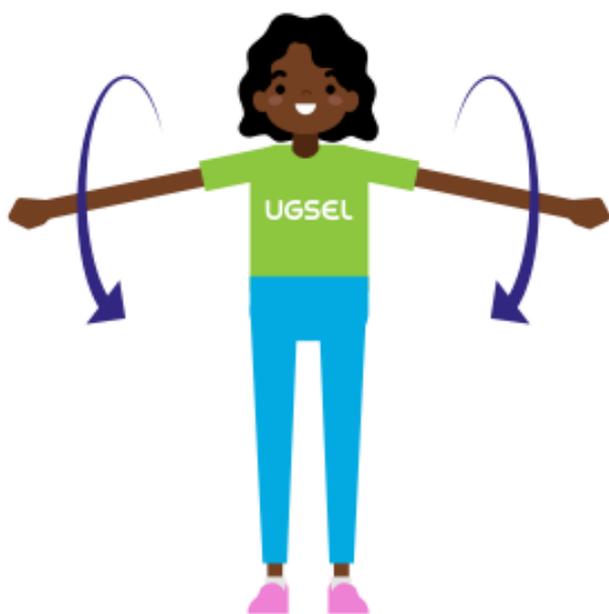
**CORDE À SAUTER**

***ACTION***



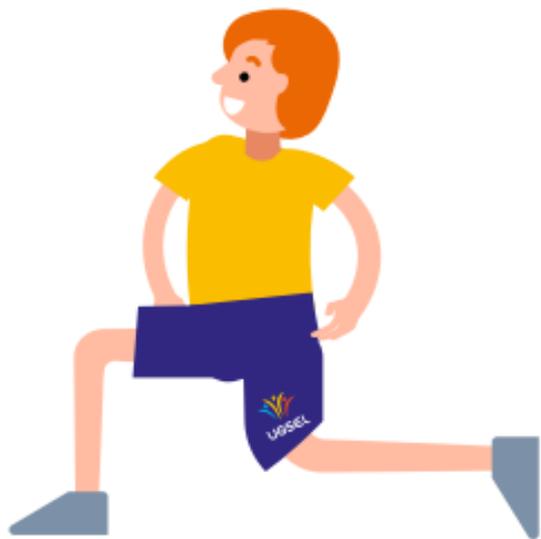
**BOXE**

***ACTION***



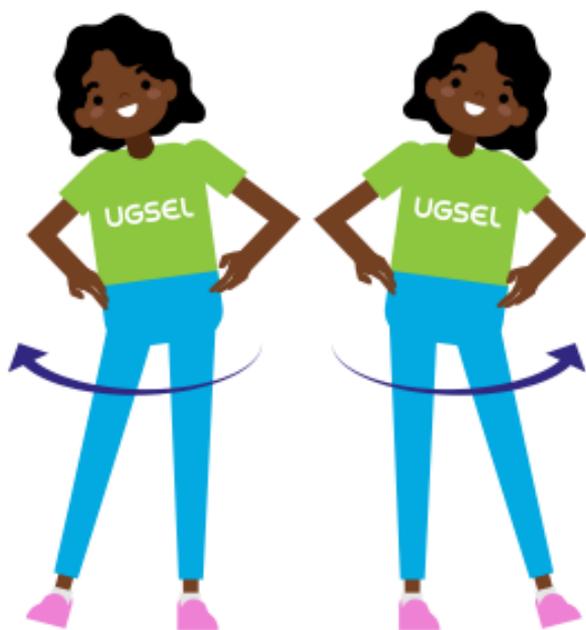
**CERCLE EN FOLIE**

***ACTION***



**FENTE**

***ACTION***



**HULA HOOP**