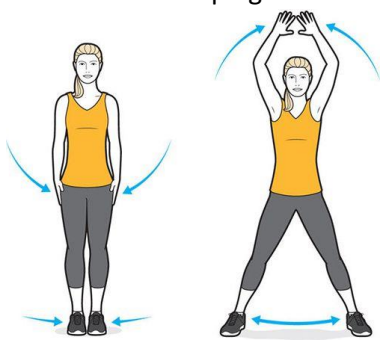




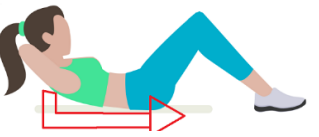




Morpion :

<p>Jumping Jack</p> 	<p>Coucher assis</p> 	<p>Squat</p> 
<p>Hiptrust</p> 	<p>Sauts groupés</p> 	<p>Crunch latéral</p> 
<p>Chandelle</p> 	<p>Fentes latérales</p> 	<p>Assis-debout</p> 