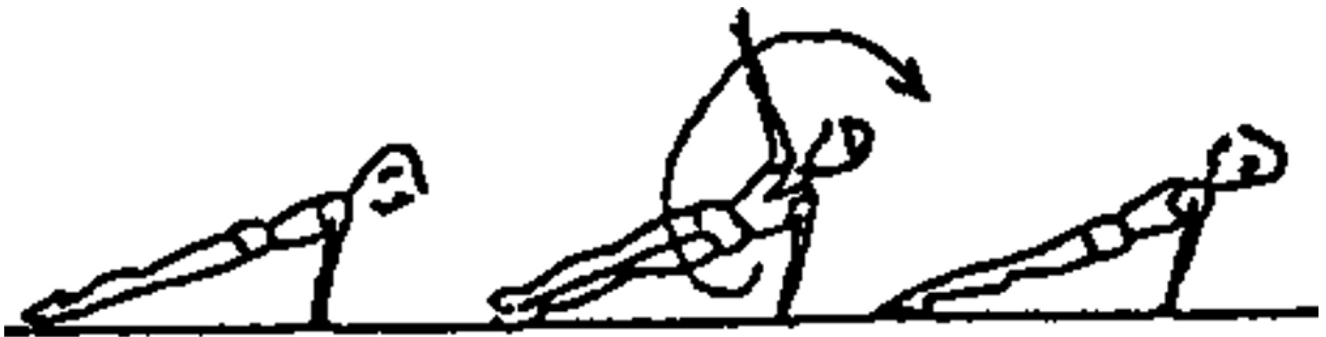


Echauffement 1

Mobilisation articulaire

**Mise en train (sauts,
déplacements...)**

Appui dorsal

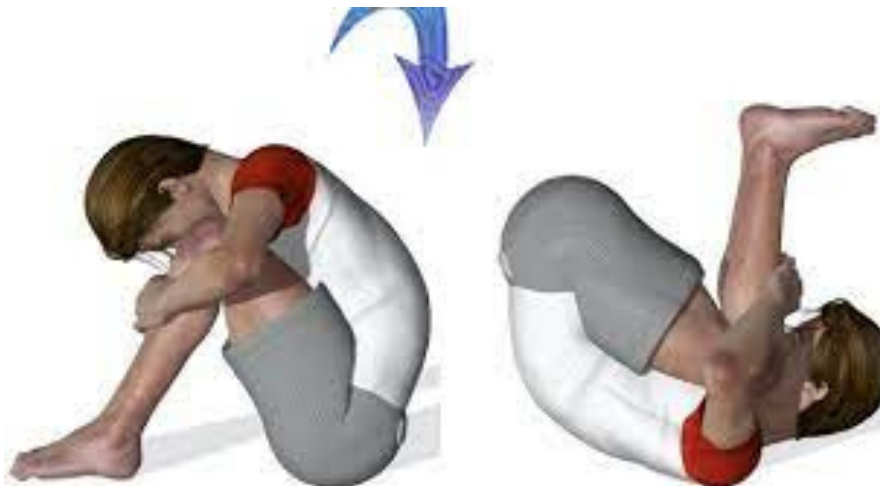


"l'horloge"

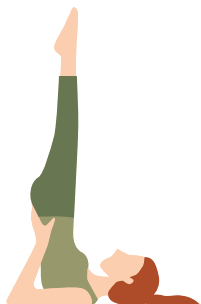
Gainage seul 5 x 1' / à 2 5 x 1'

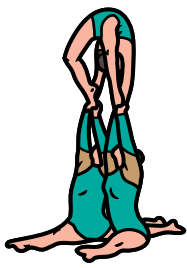
Pompes x10

Culbuto x10



+ chandelle tenue



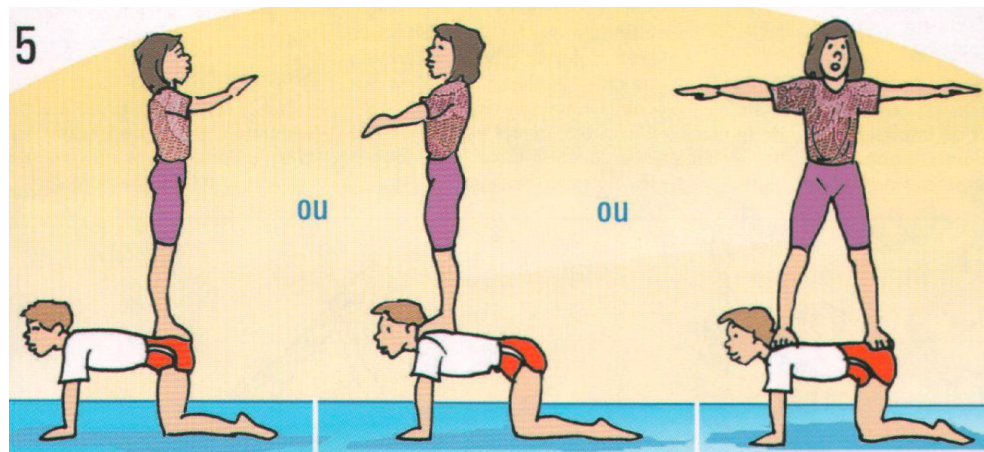
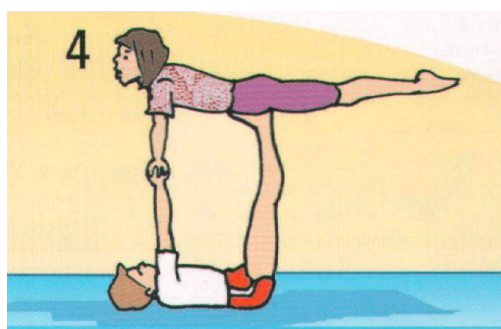
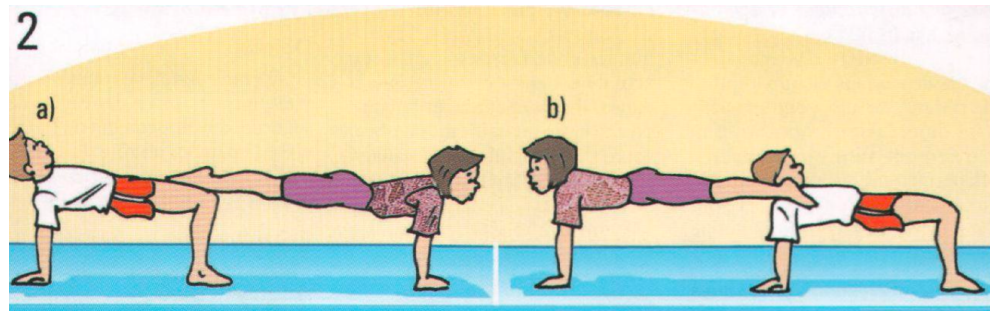
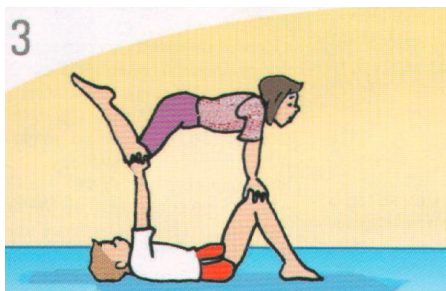


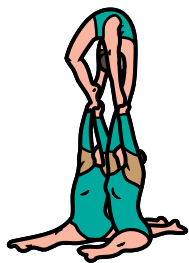
Echauffement 2

Bouteille saoule à 3
La rivière face à face
Placement de dos



Premiers portés



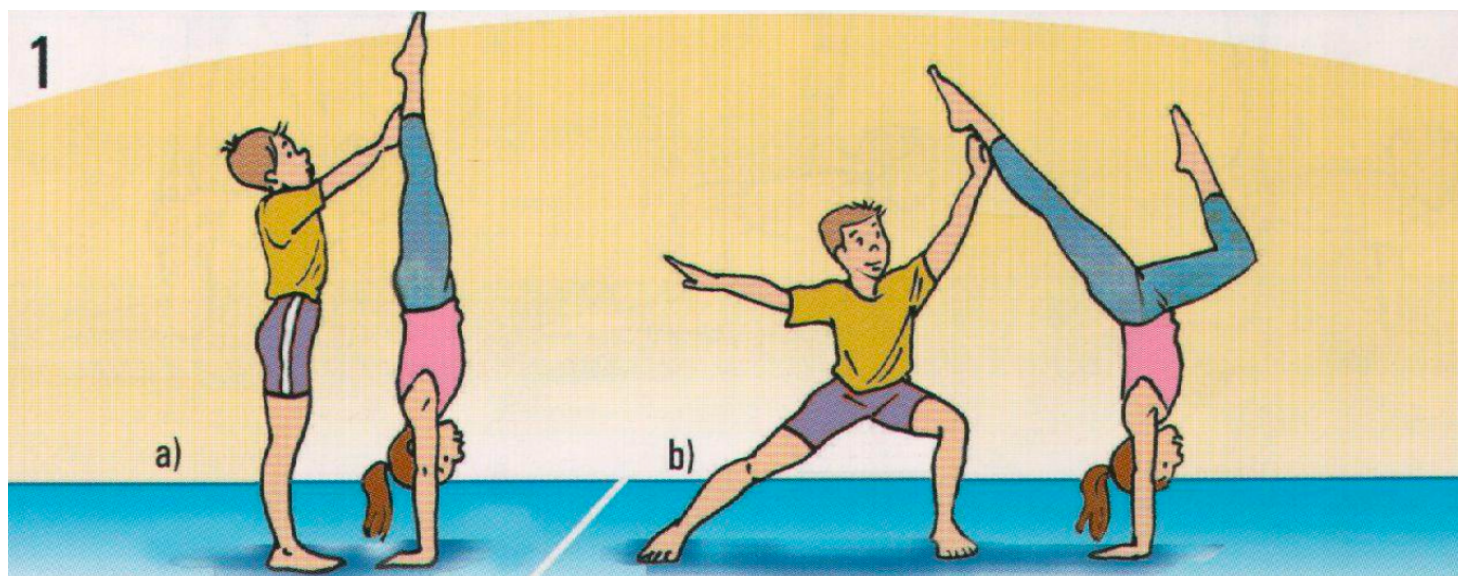


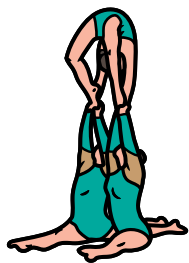
Echauffement 3

Brouette ATR



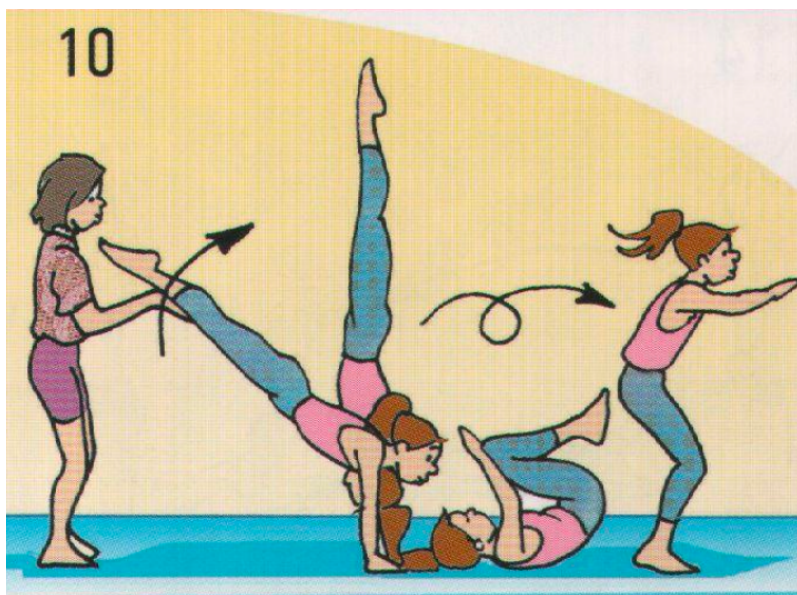
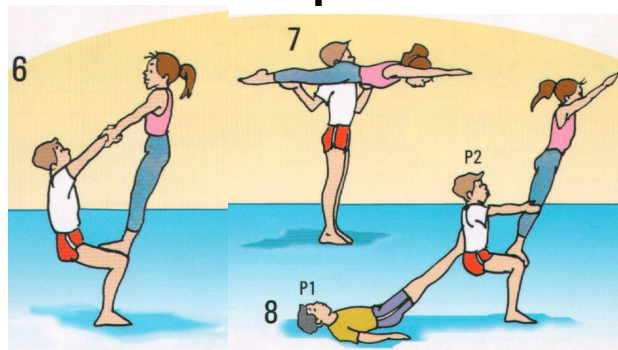
Passage à l'ATR





Echauffement 4

Variantes pas d'ATR :



ATR au mur/sans le mur... selon niveau

Variante



Le berceau

