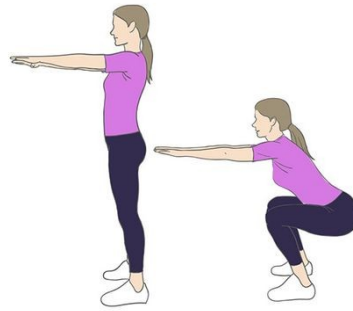
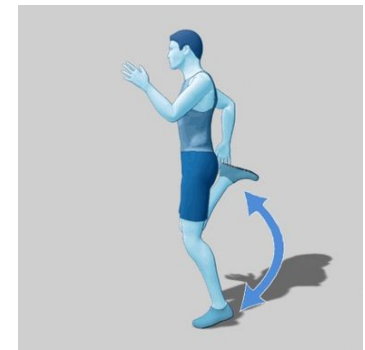


1 - le jumping jack



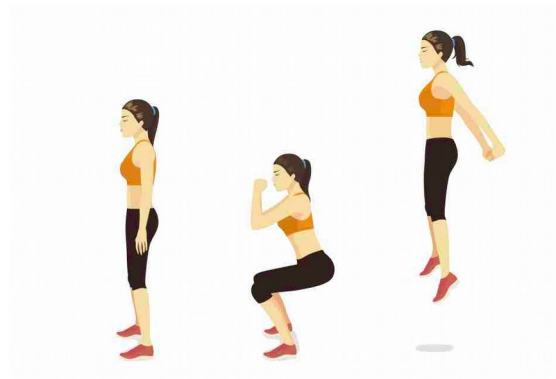
2 - les squats



3 - course talon fesse



4 - les fentes



5 - les squats sautés



6 - les petits moulins



7 - course genou poitrine



8 - les squats sumos



9 - course super rapide sur place