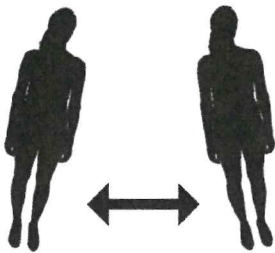
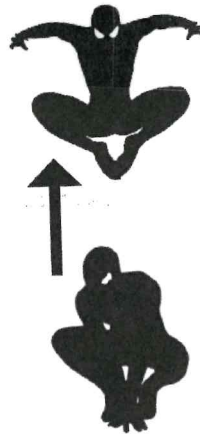




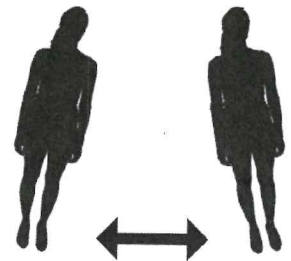
Spiderman



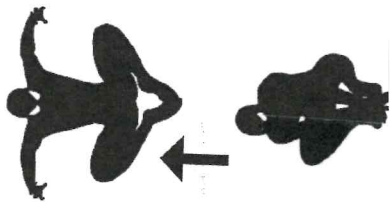
Sauts coté-coté : 20 secondes



10 sauts Spiderman



Sauts coté-coté : 20 secondes



15 sauts Spiderman



Exercice mystère :
Ton choix : 20 secondes



Jog sur place : 30 secondes



Repos : 15 secondes

Qui suis-je? Ce n'est pas important en ce moment.

Fais l'échauffement 2 autres fois.

