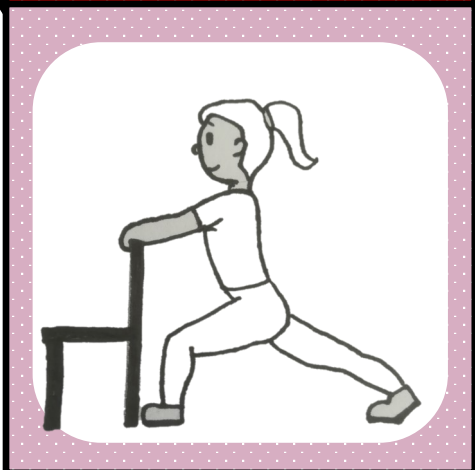
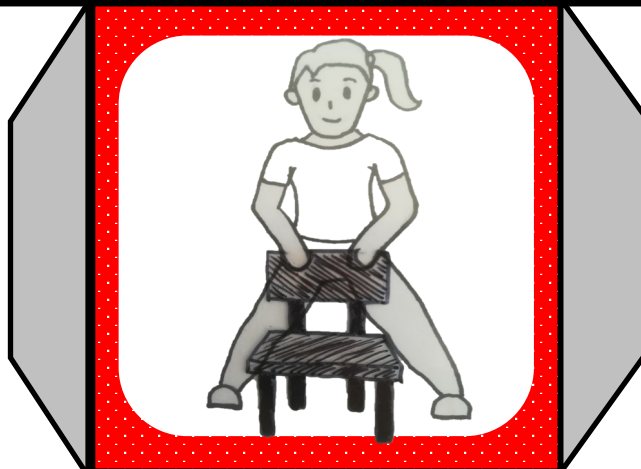
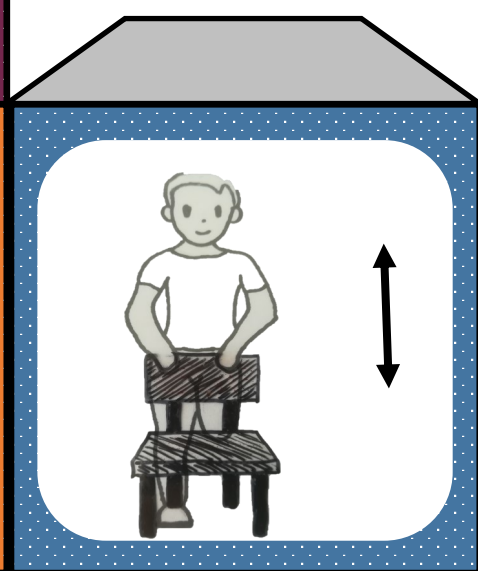
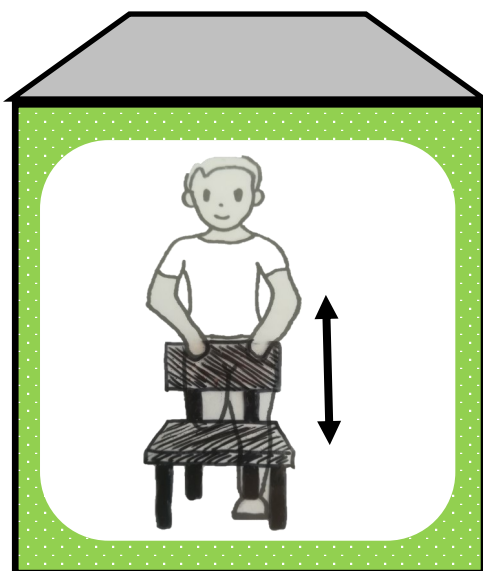
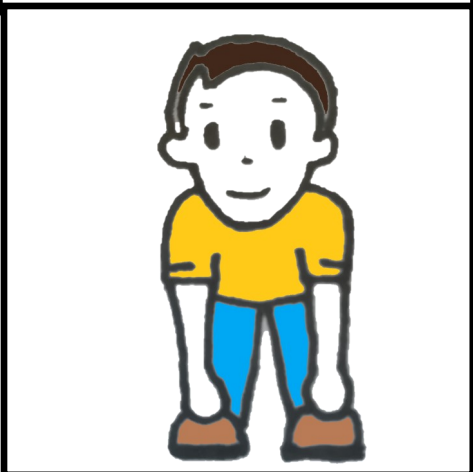
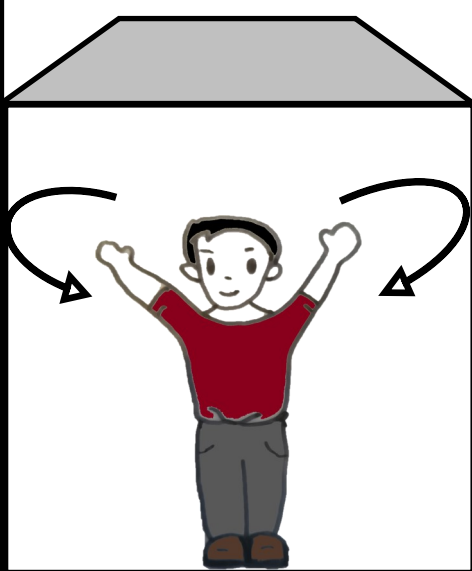
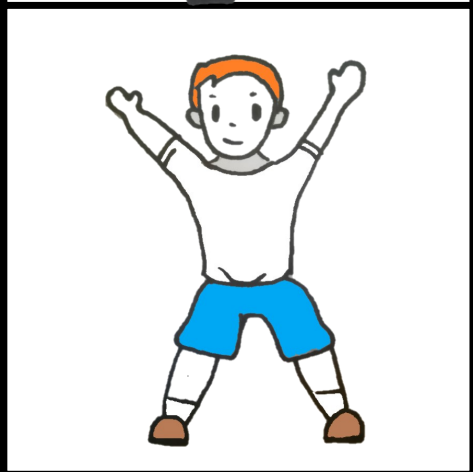
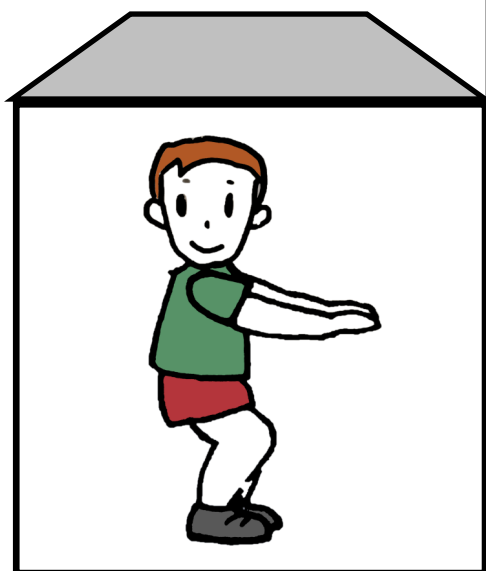
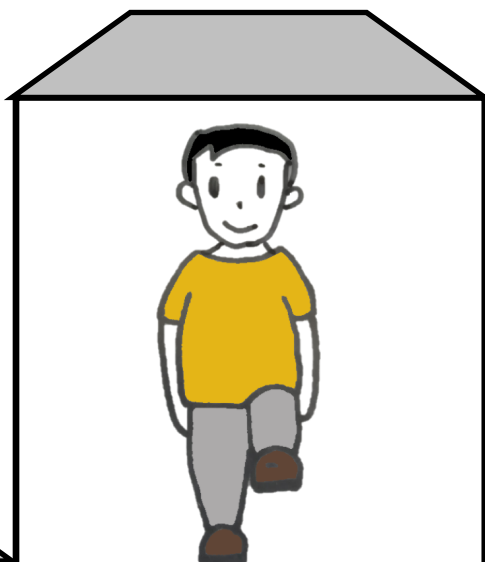
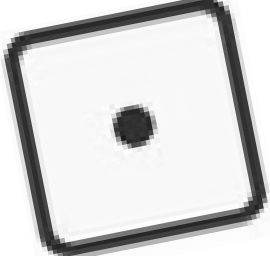
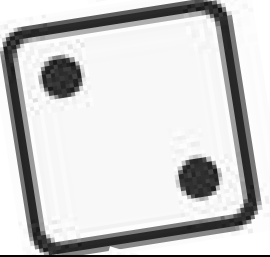
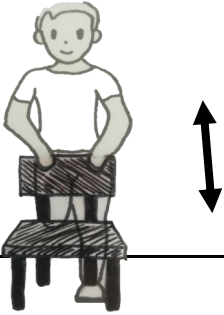
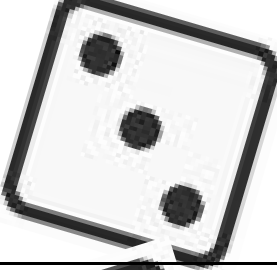
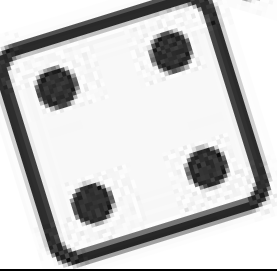
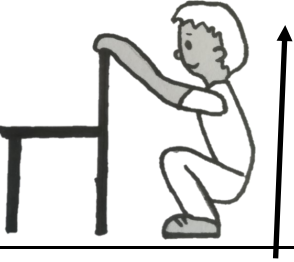
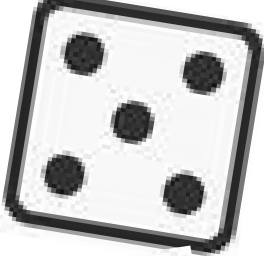
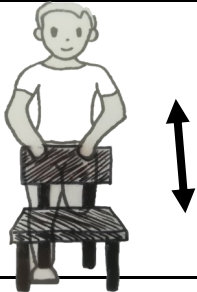
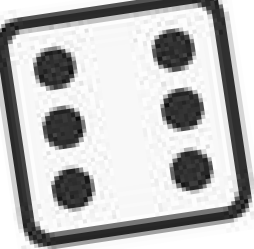






Lance le dé

	10 sauts de côté 
	 10 sauts sur la jambe droite
	10 jumping jack 
	 10 montées descentes
	10 sauts sur la jambe gauche 
	 10 fentes