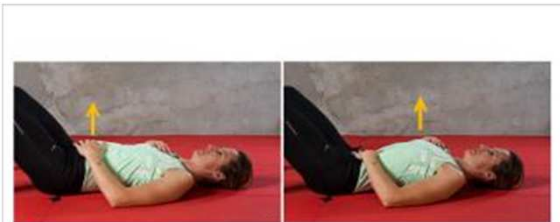
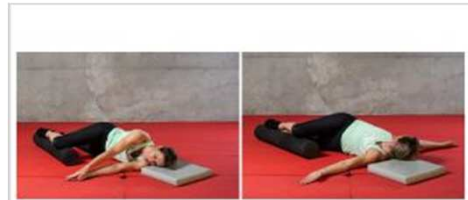


CONSIGNES Réaliser le circuit d'échauffement en réalisant 8 à 15 répétitions par exercice

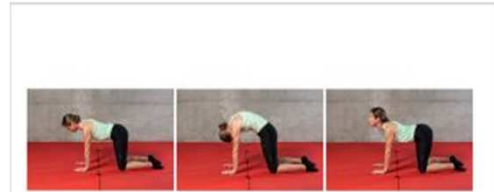
1 90/90 BREATHING POSITION



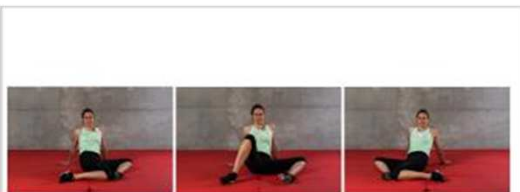
2 T-SPINE ROTATION WITH BOLSTER



3 DOS ROND DOS CREUX



6 ROTATION DE HANCHES, MAINS AU SOL



5 LEG STRETCH



4 CHIEN TETE EN BAS GENOUX FLECHIS

