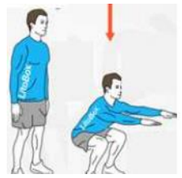
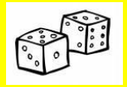
DEPART	1 	2  10 squats	3 	4 **Recule de 3 cases**	5 	6  10 battements	 Rejoue
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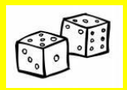
15 	14 	13 	12 	11  10 montées de genoux	10 	9  10 battements	8 
 Rejoue							
16 	17 	18  Compte jusqu'à 20s	19 	20 **Recule de 3 cases**	21 	22 	 Rejoue
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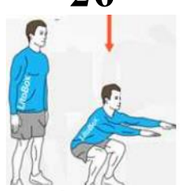
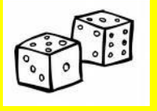
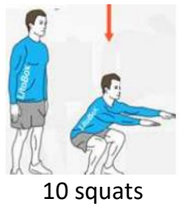
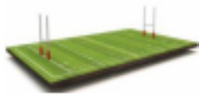
30 	29 	28  10 flexions de jambes	27 	26  10 squats	25 	 Rejoue	24 

Rejoue	31 	32 	33  10 montées de genoux	34 	**Recule de 3 cases**	35 	36  10 battements
							37
44 	43 	42 	41  Compte jusqu'à 20s	40 	Rejoue	39  10 montées de genoux	38
Rejoue							
Recule de 3 cases	45 	46 	47  10 squats	48 	49  10 flexions de jambes	50 	**ARRIVEE**