

PETITS PAS

ENTRAÎNEMENT
par DAREBEE

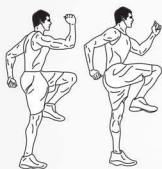
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Niveau I 3 séries

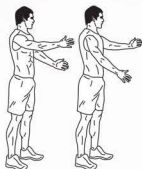
Niveau II 5 séries

Niveau III 7 séries

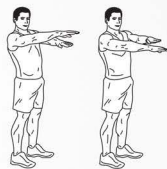
2 minutes repos



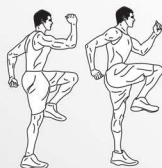
10 pas de marche



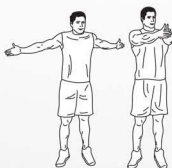
10 ciseaux



10 ciseaux



10 pas de marche



10 écartés



10 cercles bras tendus