

**SQUATS  
SAUTÉS** x



C  
**6**



I  
**8**

x **FENTES  
ALTERNÉES**

R  
**6**

**SAUTS DE  
PATINEUR** x

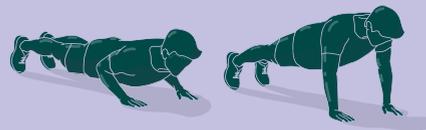


C  
**8**

x **PONTS  
FESSIERS**

**POMPES** x

U  
**6**



I  
**8**

x **SUPERMANS**



T