**Cartes d’actions**

**Fiche 6**



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| --- | --- |
| **Sauts avec écart**  **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca05_blm.jpg** | X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca06_blm.jpg**Coudes aux genoux** |
| **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca07_blm.jpgFlexions des jambes** | **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca08_blm.jpgPencher vers l’avant** |
| **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca09_blm.jpgMains au ciel** | **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca10_blm.jpgCercles des bras** |
| **Sauts de grenouille**  **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca11_blm.jpg** | **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca12_blm.jpgTalons aux fesses** |
| **Pencher vers le côté**  **X:\Userdata\My Documents\Desktop Items\m1_n01_a01_ca13_blm.jpg** | **Libre choix** |