**Cartes d’exercices**

**Fiche 48a**

|  |  |  |  |
| --- | --- | --- | --- |
| Icon  Description automatically generatedSauts à écarts | Icon  Description automatically generated Sauts à écarts | Icon  Description automatically generated Sauts à écarts | Icon  Description automatically generated Sauts à écarts |
| Icon  Description automatically generatedFlexions  de côté | Icon  Description automatically generated Flexions  de côté | Icon  Description automatically generated Flexions  de côté | Icon  Description automatically generated Flexions  de côté |
| Icon  Description automatically generatedIcon  Description automatically generated  Marche d’ours | Icon  Description automatically generatedIcon  Description automatically generated  Marche d’ours | Icon  Description automatically generatedIcon  Description automatically generated  Marche d’ours | Icon  Description automatically generatedIcon  Description automatically generated  Marche d’ours |
| Shape  Description automatically generated with medium confidenceCircuits | Shape  Description automatically generated with medium confidence Circuits | A picture containing shape  Description automatically generated Circuits | A picture containing shape  Description automatically generated Circuits |
| Icon  Description automatically generatedPompes | Icon  Description automatically generated Pompes | Icon  Description automatically generated Pompes | Icon  Description automatically generated Pompes |
| Icon  Description automatically generatedAbdominaux | Icon  Description automatically generated Abdominaux | Icon  Description automatically generated Abdominaux | Icon  Description automatically generated Abdominaux |

**Cartes d’exercices**

**Fiche 48b**



|  |  |  |  |
| --- | --- | --- | --- |
| Icon  Description automatically generated Corde à sauter | Icon  Description automatically generated Corde à sauter | Icon  Description automatically generated Corde à sauter | Icon  Description automatically generated Corde à sauter |
| Icon  Description automatically generated Bicyclette | Icon  Description automatically generated Bicyclette | Icon  Description automatically generated Bicyclette | Icon  Description automatically generated Bicyclette |
| Icon  Description automatically generatedPoids | Icon  Description automatically generated Poids | Icon  Description automatically generated Poids | Icon  Description automatically generated Poids |
| Icon  Description automatically generatedFlexions  de jambes | Icon  Description automatically generated Flexions  de jambes | Icon  Description automatically generated Flexions  de jambes | Icon  Description automatically generated Flexions  de jambes |
| Icon  Description automatically generatedRamer | Icon  Description automatically generated Ramer | Icon  Description automatically generated Ramer | Icon  Description automatically generated Ramer |
| +0 | +0 | +0 | +0 |