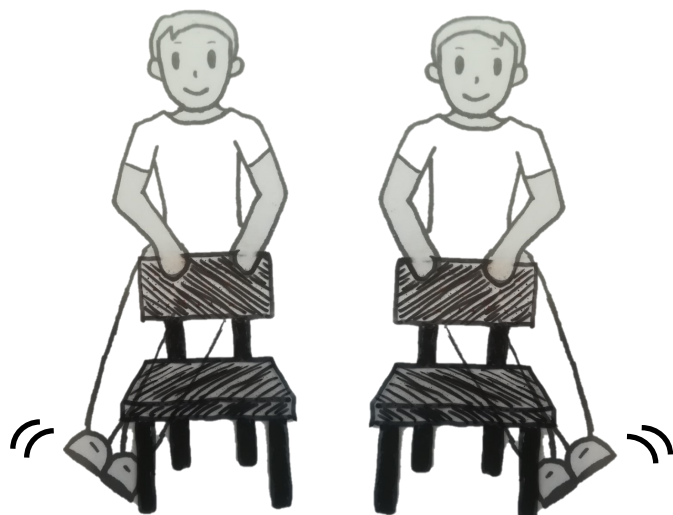




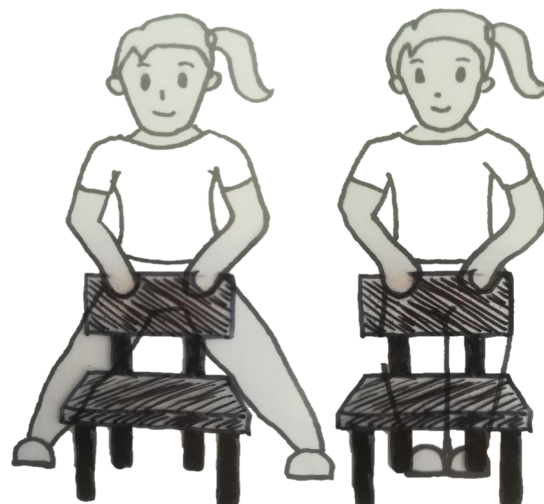
# Pause active avec notre chaise



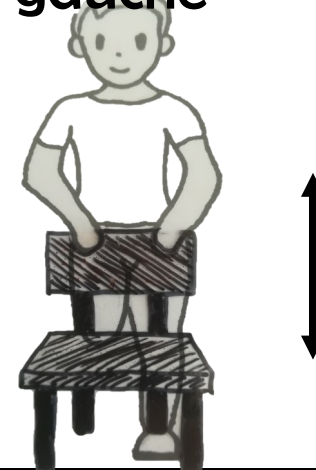
10 sauts de côté



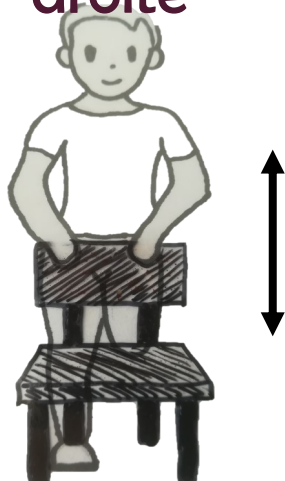
10 jumping jack



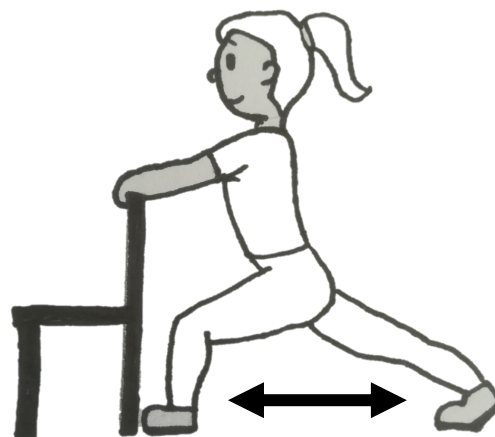
10 sauts sur la jambe  
gauche



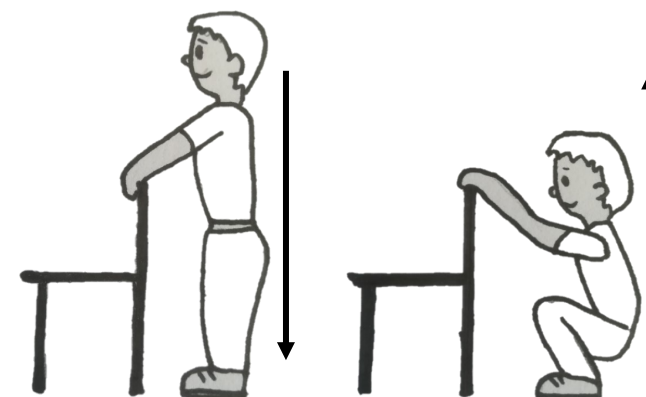
10 sauts sur la jambe  
droite



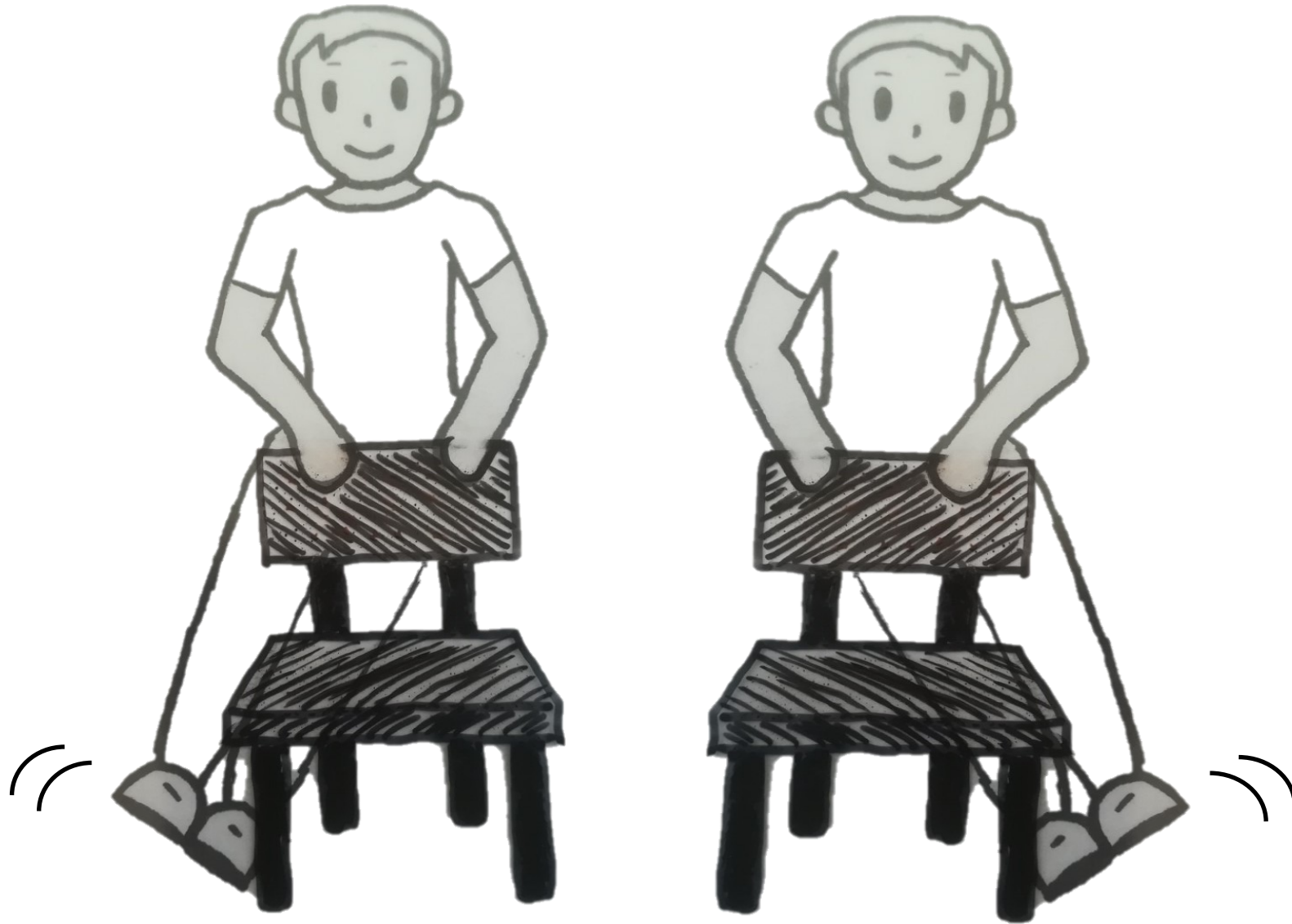
10 fentes



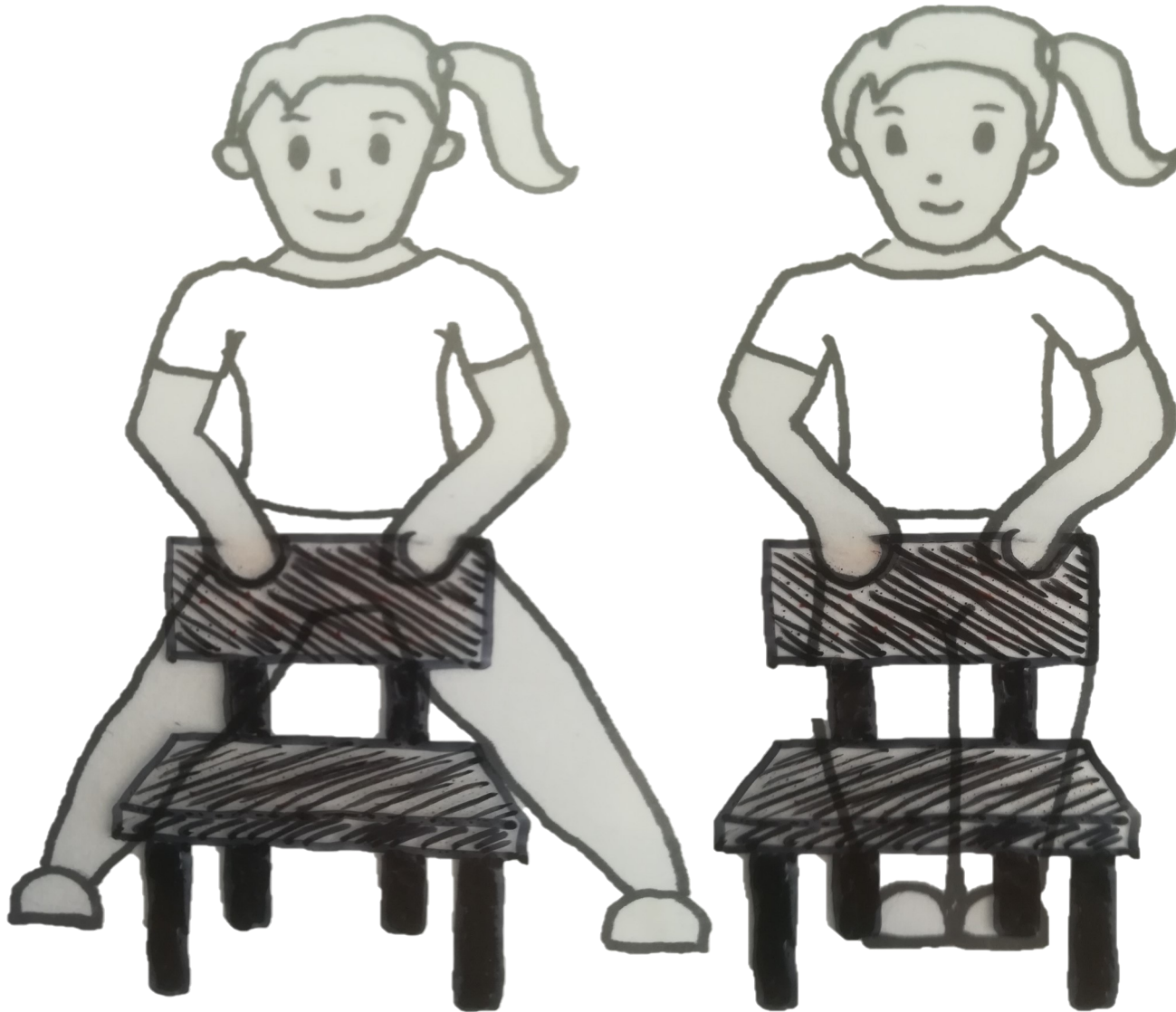
10 montées descentes



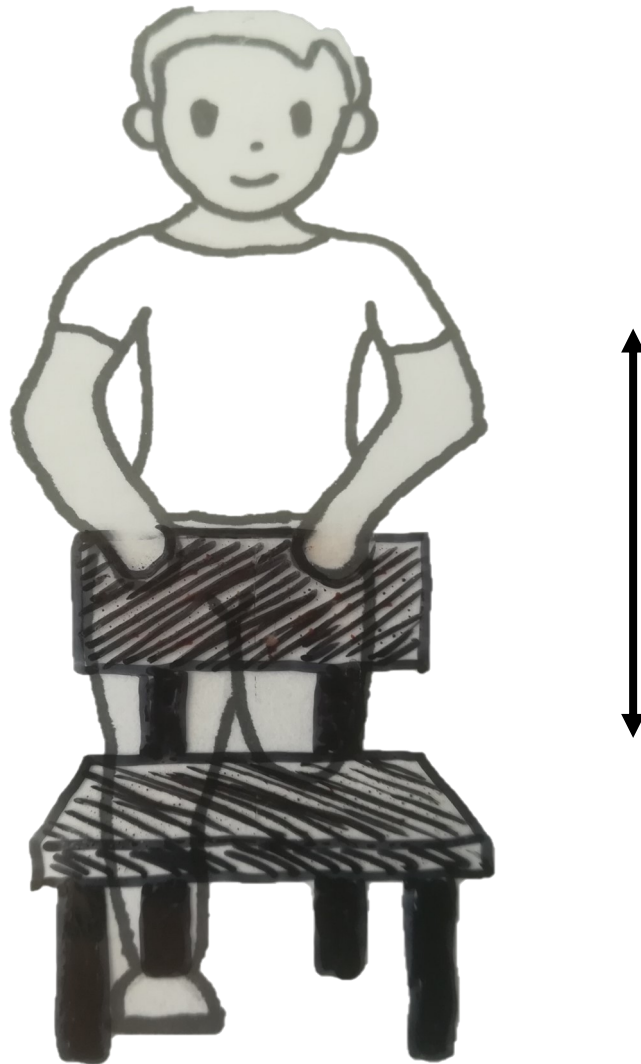
# 10 sauts de côté



# 10 jumping jack



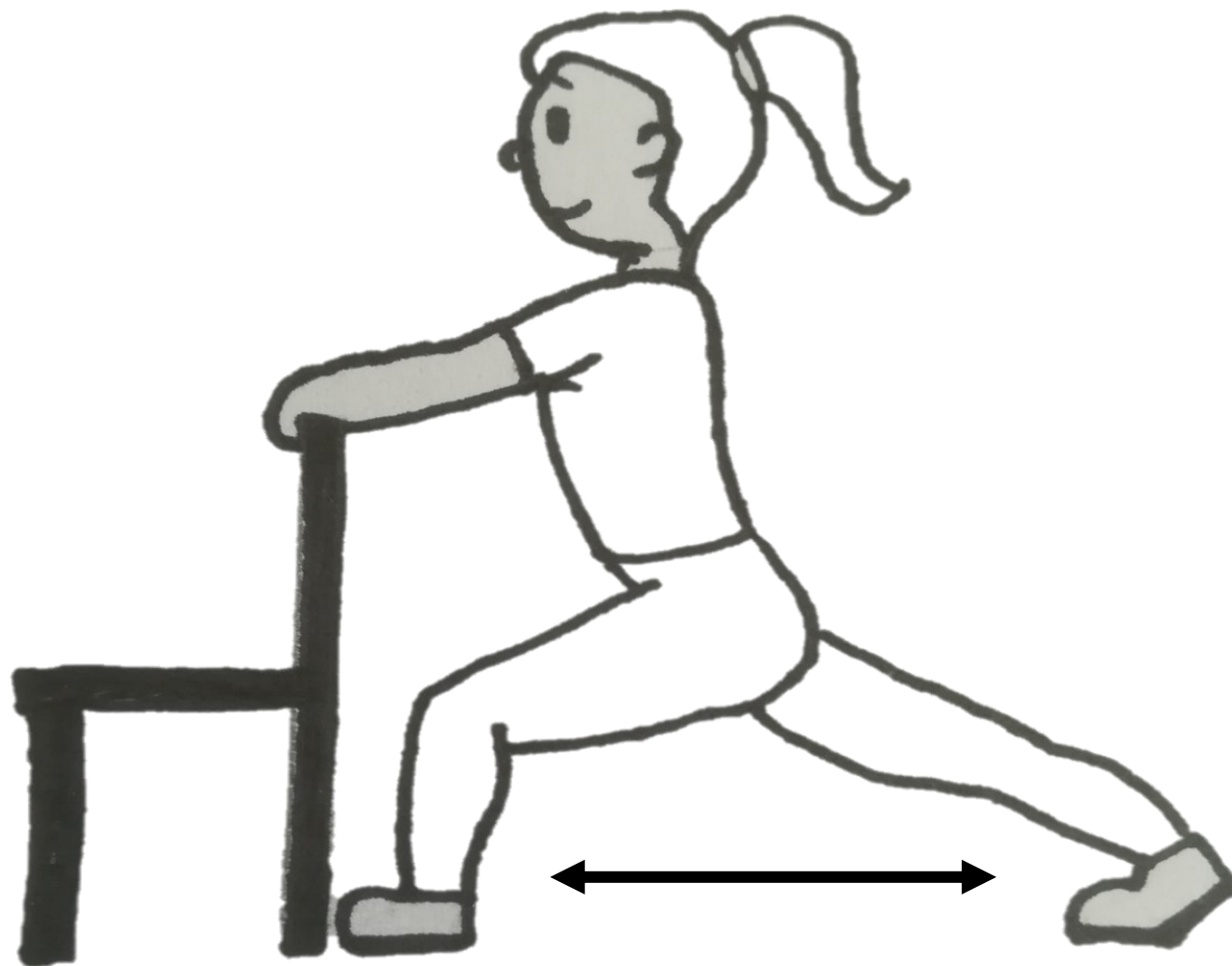
# 10 sauts sur la jambe droite



# 10 sauts sur la jambe gauche



10 fentes



# 10 montées descentes

