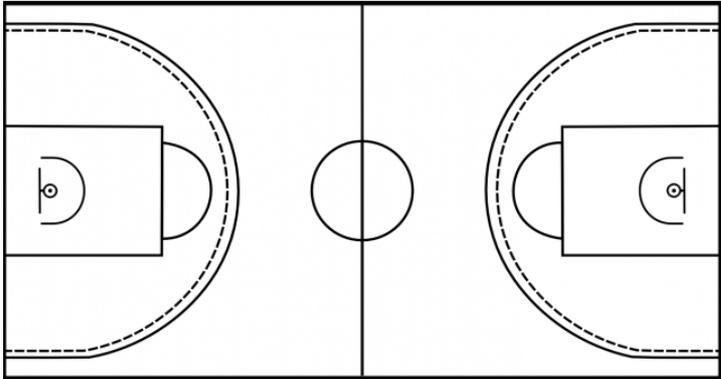


<b>Routine physique</b>		<b>Durée :</b>

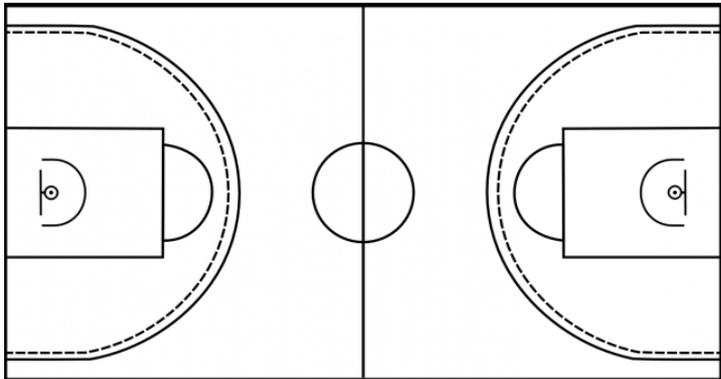
<b>Échauffement</b>	<b>Objectif(s) :</b>	<b>Durée :</b>
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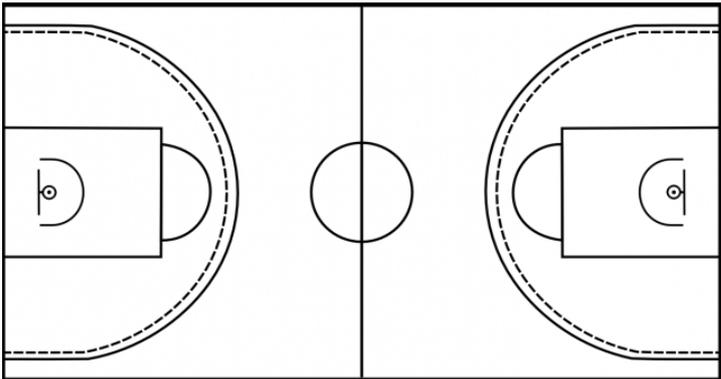
**Déroulement/Matériel :**

**Évolutions/Variations :**

**Consignes techniques :**



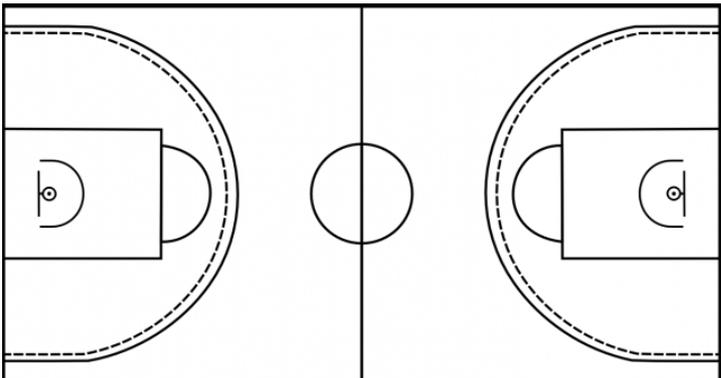
<b>Exo 1</b>	<b>Objectif(s) :</b>	<b>Durée :</b>
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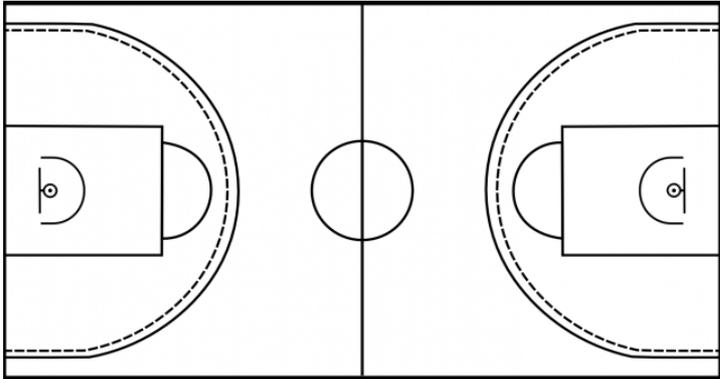
**Déroulement/Matériel :**

**Évolutions/Variations :**

**Consignes techniques :**



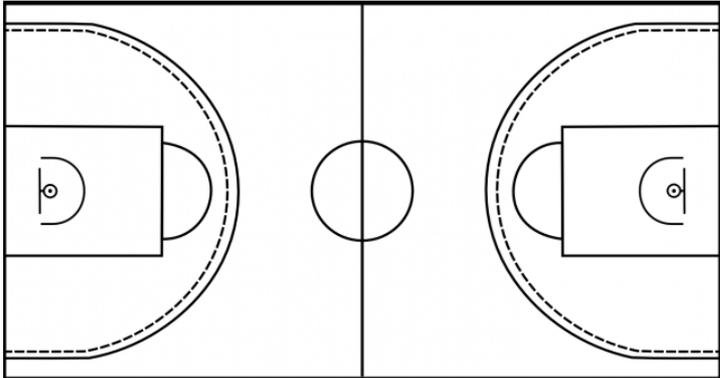
<b>Exo 2</b>	<b>Objectif(s) :</b>	<b>Durée :</b>
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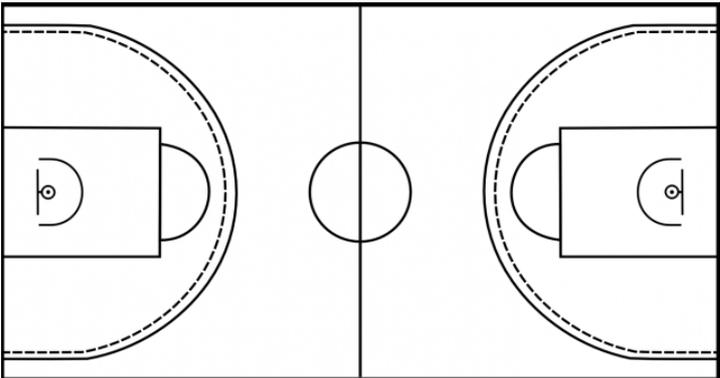
**Déroulement/Matériel :**

**Évolutions/Variables :**

**Consignes techniques :**



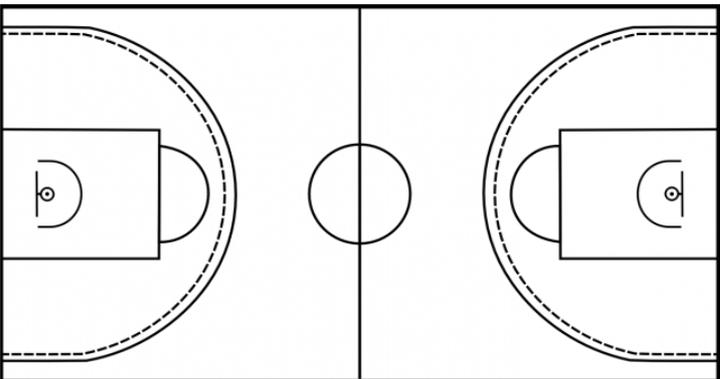
<b>Exo 3</b>	<b>Objectif(s) :</b>	<b>Durée :</b>
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**Déroulement/Matériel :**

**Évolutions/Variables :**

**Consignes techniques :**



<b>Adresse</b>			
<b>Durée :</b>			
<b>Objectif(s) :</b>			