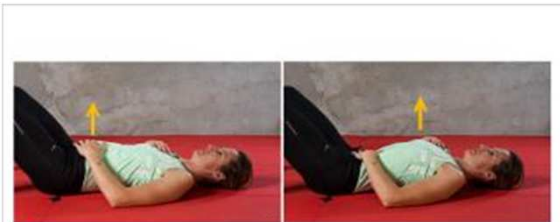
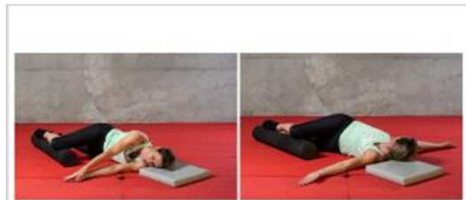


**CONSIGNES** Réaliser le circuit d'échauffement en réalisant 8 à 15 répétitions par exercice

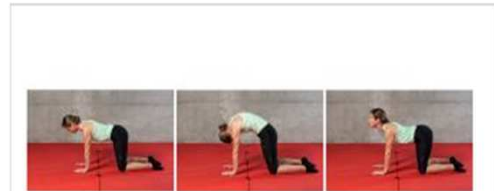
**1 90/90 BREATHING POSITION**



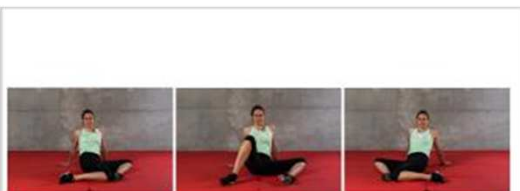
**2 T-Spine ROTATION WITH BOLSTER**



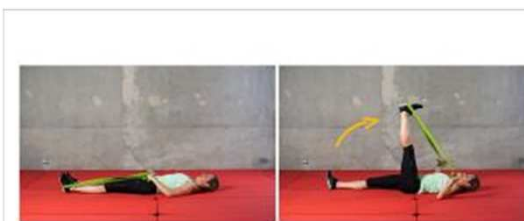
**3 DOS ROND DOS CREUX**



**6 ROTATION DE HANCHES, MAINS AU SOL**



**5 LEG STRETCH**



**4 CHIEN TETE EN BAS GENOUX FLECHIS**

