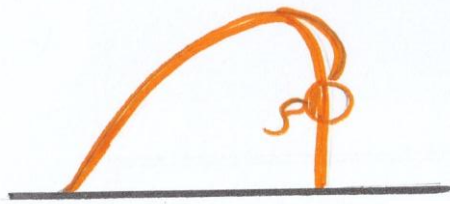


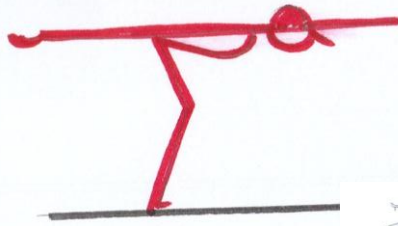
PONT

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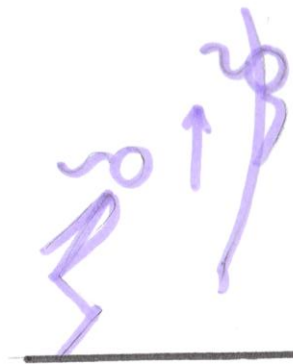


PLANCHE

(5 secondes)



SAUT DROIT (X 5)



FERMETURE

(20 secondes)



CHANDELLE

(5 secondes)



SAUT GROUPE (X 5)



FENTE

(10 secondes)

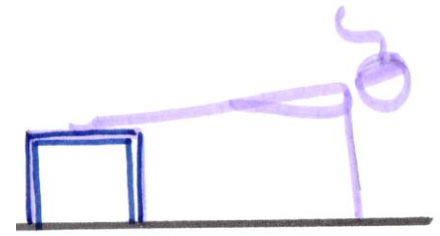


POMPES (X 5)



APPUI FACIAL

(10 secondes)



GAINAGE

(10 secondes)



ECRASEMENT FACIAL

(20 secondes)



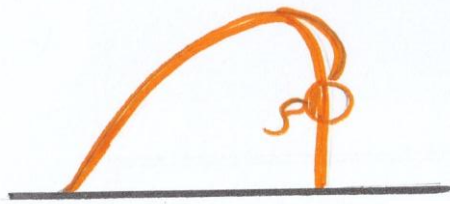
MAINTIEN SUR UN PIED, LES YEUX FERMES

(10 secondes)



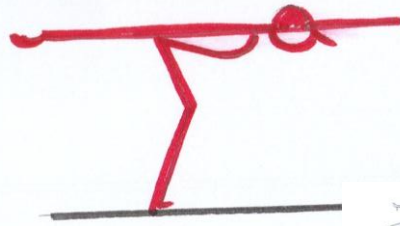
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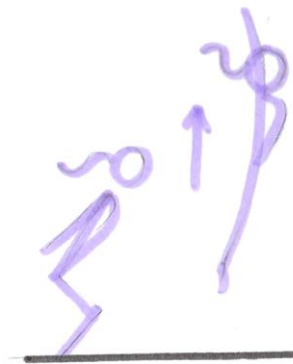


PLANCHE

(5 secondes)



SAUT DROIT (X 5)



FERMETURE

(20 secondes)

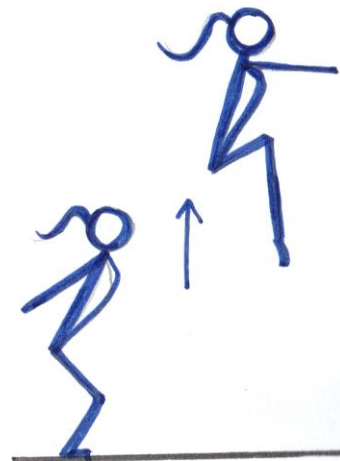


CHANDELLE

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SAUT GROUPE (X 5)



FENTE

(10 secondes)

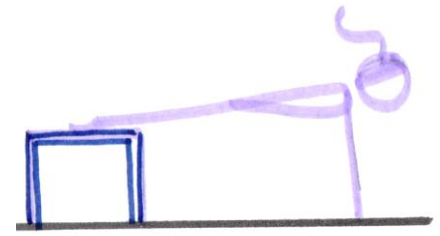


POMPES (X 5)



APPUI FACIAL

(10 secondes)



GAINAGE

(10 secondes)



ECRASEMENT FACIAL

(20 secondes)



MAINTIEN SUR UN PIED, LES YEUX FERMES

(10 secondes)

