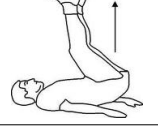
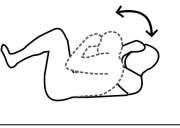
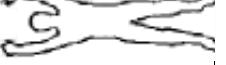
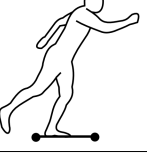
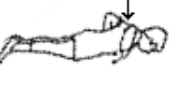
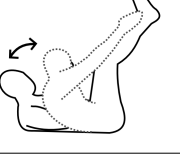
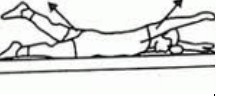
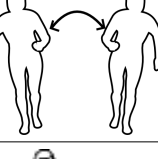
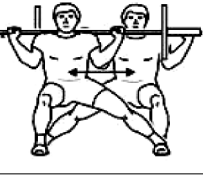
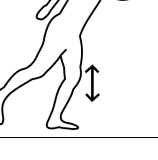
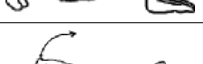


N°	Groupe M		Exercice	MINIMES	CADETS		Exercice	MINIMES	CADETS	
1	Bras		Corde	1 montée	1 montée	17	Scapulaires	15-20 (2kg)	20-25 (3kg)	
2	Abdos		Chandelle	15-20	30	18	Jambes à 90°	15-20	30-35	
3	Lombaires		Avec ballon	10-12	20	19	Avion bras tendus	30sec	45sec	
4	Jambes		Sauts verticaux Ne pas s'aider des bras	8-10	15	20	Ski-roues	2 aller/r	3 aller/r	
5	Bras		Tirade Nordique	10-12	20-25	21	Pompes surélevées	7-10	10-15	
6	Abdos		Espaliers	10-12	15-20	22	Levés de buste	15-20	30-35	
7	Lombaires		Avion	45sec	1min	23	Bras/jambe alternés	30sec de chaque côté	45sec de chaque côté	
8	Jambes		Imitations skate	8-10 /jambe	15/jambe	24	Fentes latérales	8-10/jambe	15/jambe	
9	Bras		Pompes arrières	15-20	30-40	25	Étirement	2 minutes	2 minutes	
10	Abdos		Bras en croix	8-10/côté	15/côté					
11	Lombaires		Avec table	12-15	20-25	AUTRES EXERCICES POSSIBLES				
12	Jambes		Placement classic	8-10/jambe	15/jambe		Abdos Cuillère	30sec	45sec	
13	Bras		Pompes avant	7-10	15-20		Abdos 90° alterné	15-20	30-35	
14	Abdos		Gainage	45sec	1min					
15	Lombaires		3 appuis (tête-pieds-bassin)	15-20	25-30					
16	Jambes		Banc	8-10/jambe	15/jambe					