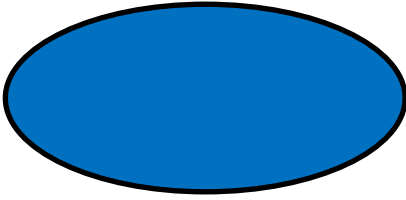


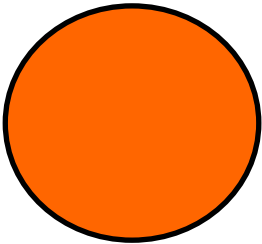
DÉFI'COOP N° 5 : BOUGE TON CORPS !

LISTE D'ENTRAÎNEMENT

Formes simples



OVALE



ROND



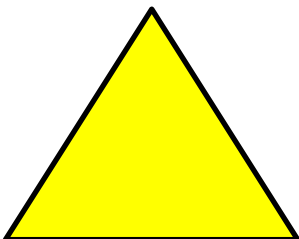
LIGNE



RECTANGLE



CARRÉ



TRIANGLE