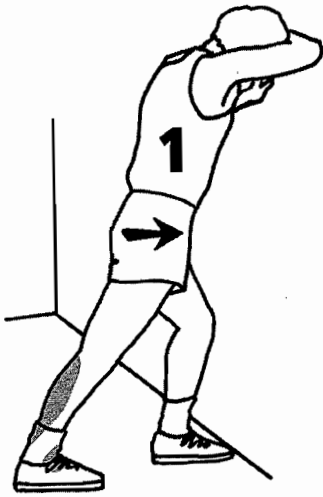


Volley-ball

6 minutes environ

Marchez quelques minutes pour vous échauffer.



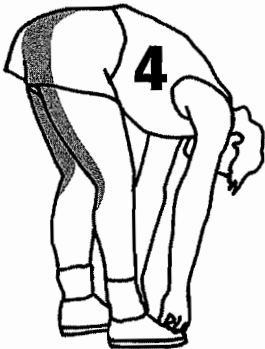
10 à 15 secondes
chaque jambe
(page 71)



10 secondes
chaque jambe
(page 75)



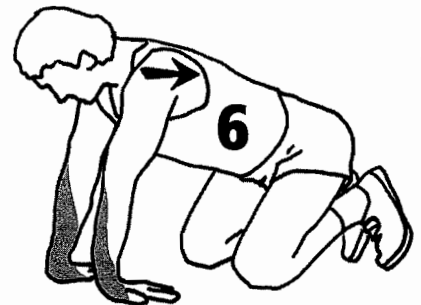
30 secondes
(page 55)



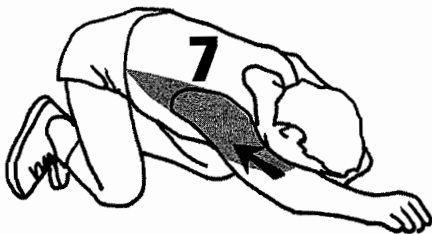
10 à 15 secondes
(page 54)



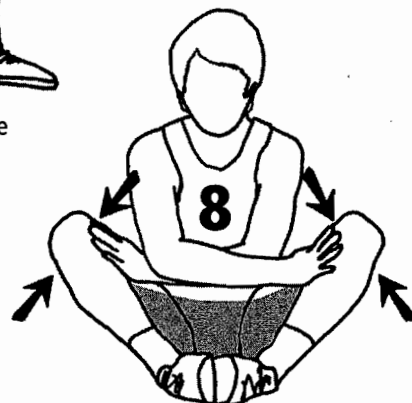
10 à 15 secondes chaque jambe
(page 53)



10 à 15 secondes
(page 42)



10 secondes chaque bras
(page 42)



5 à 8 secondes
(page 59)