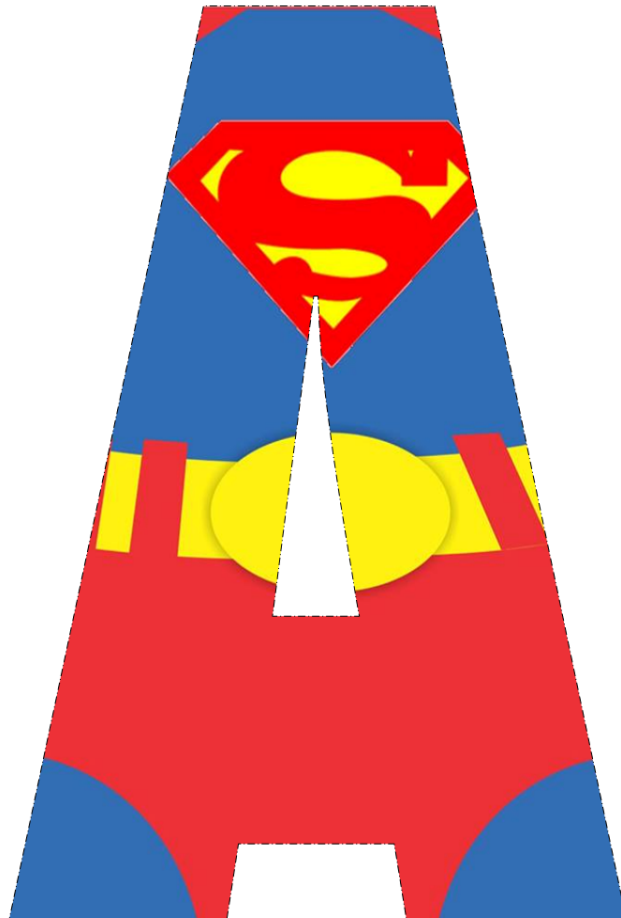


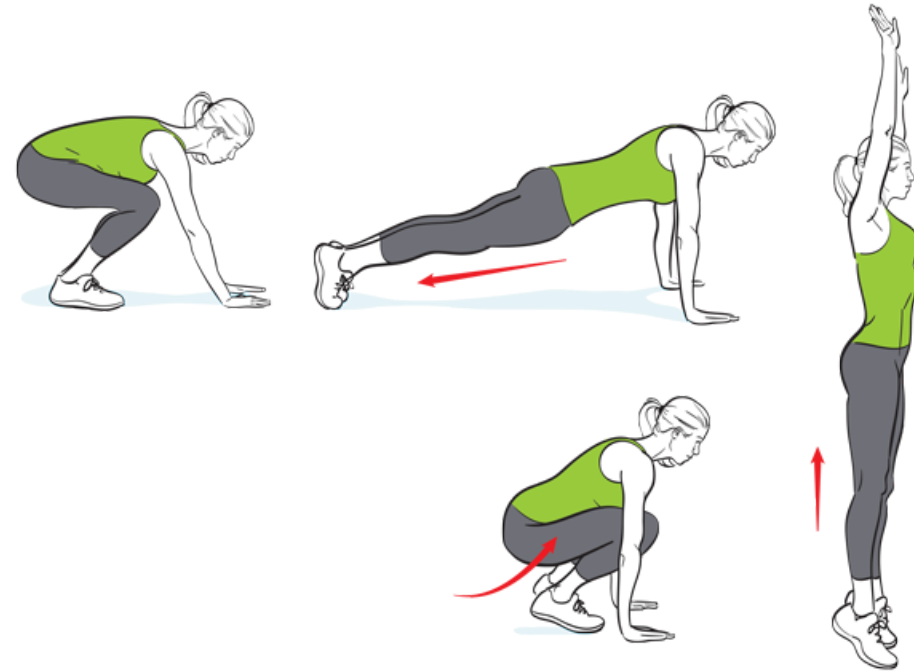
DICTÉE SANTÉ



Abduction de la hanche

DICTÉE

SANTÉ



Burpee



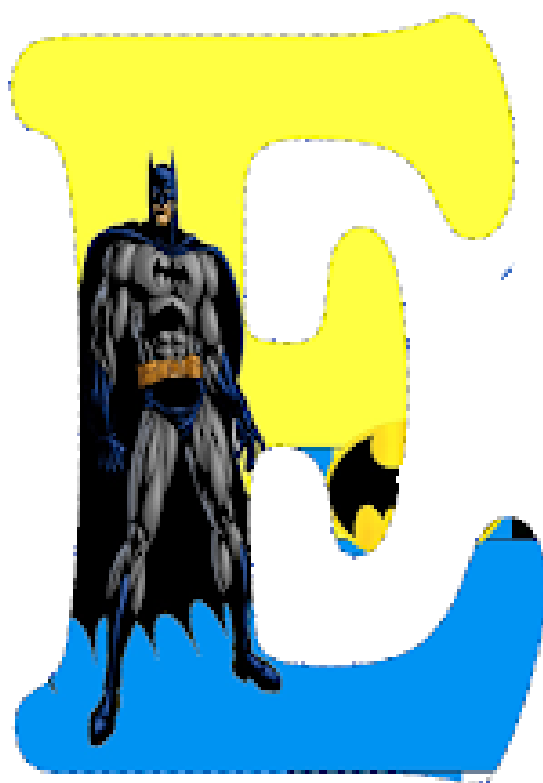
Chaise

DICTÉE SANTÉ



Dip

DICTÉE SANTÉ



Élévation des fesses

DICTÉE SANTÉ

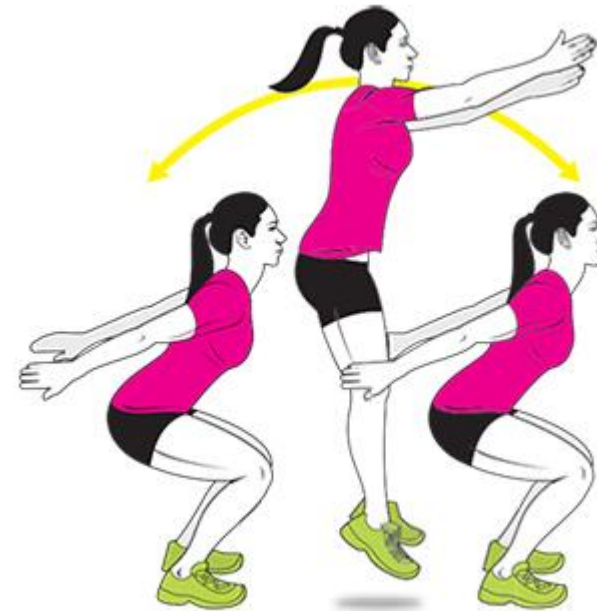


Fente

DICTÉE SANTÉ



Renouille



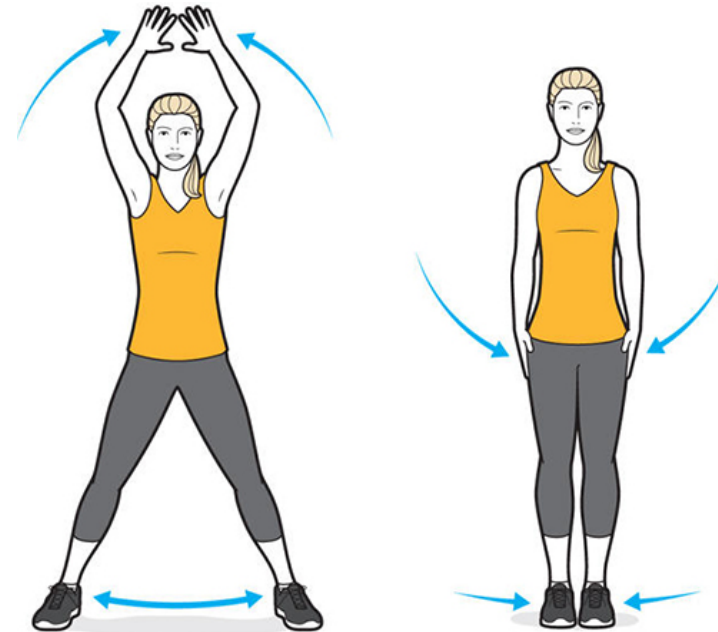
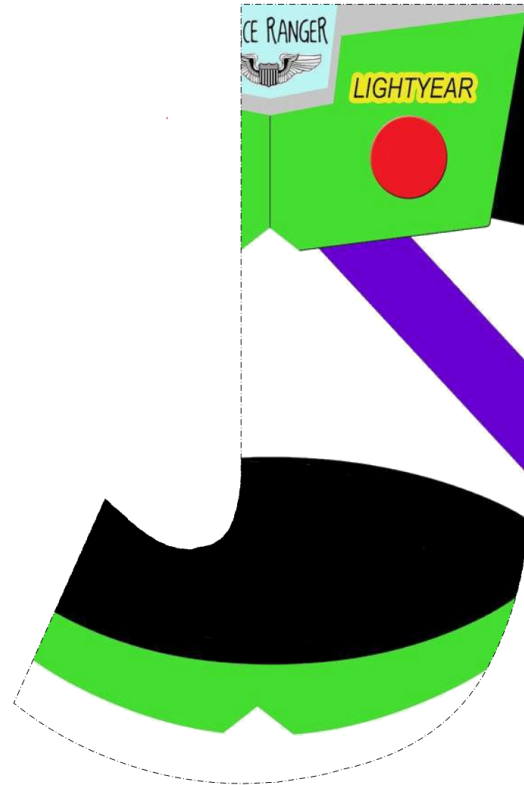
Hop on squat!

DICTÉE SANTÉ



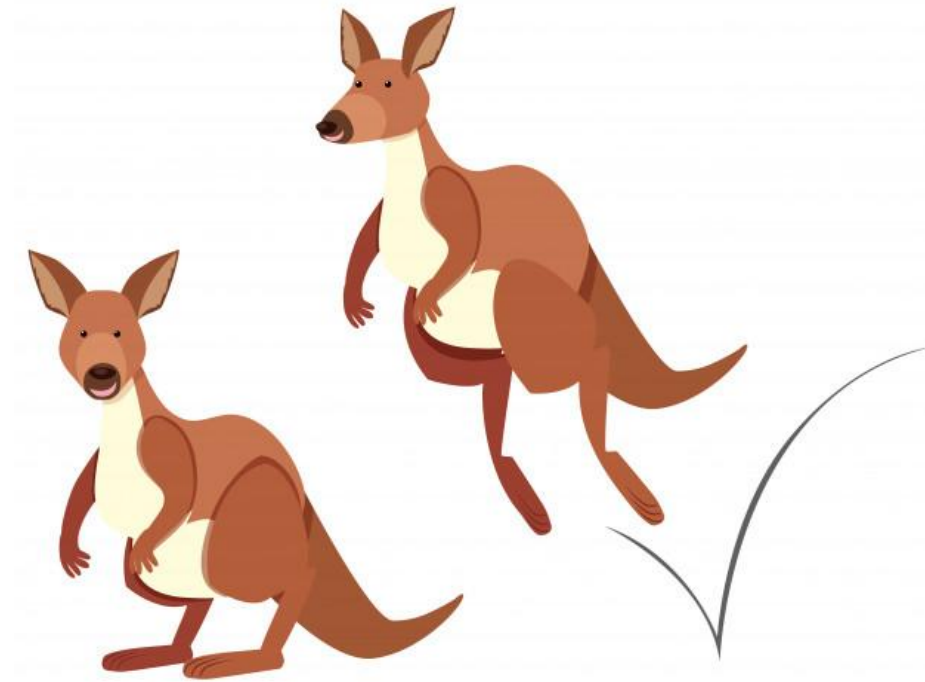
I-Saute

DICTÉE SANTÉ



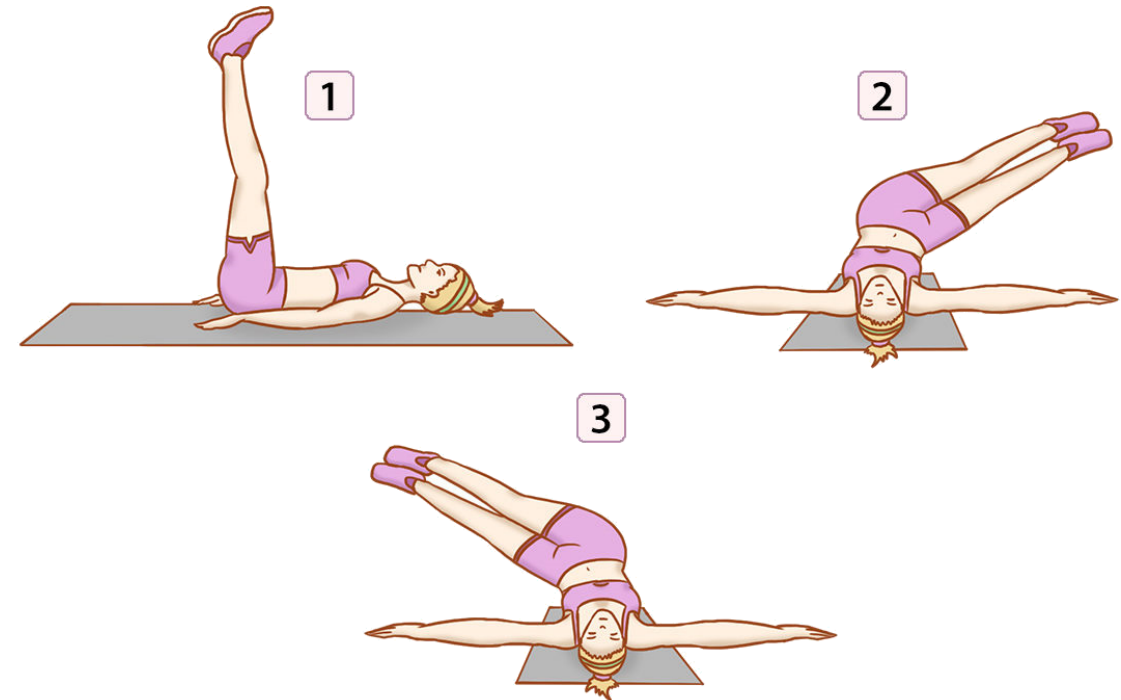
Jumping Jack

DICTÉE SANTÉ



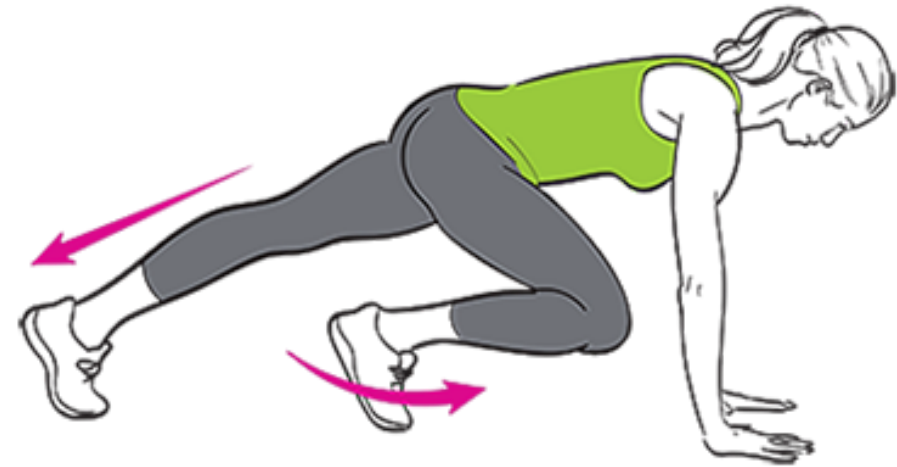
Kangourou

DICTIONNAIRE SANTÉ



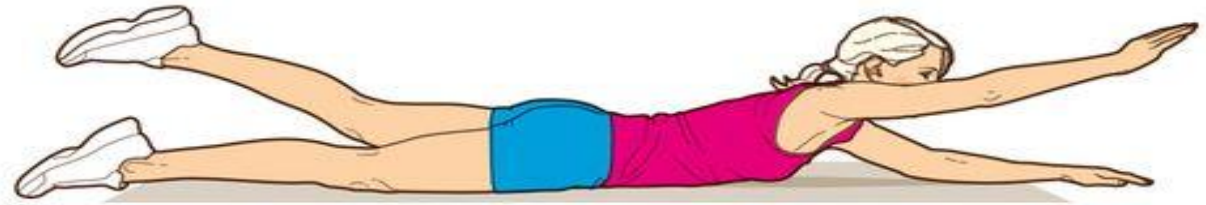
L'essuie-glace

DICTÉE SANTÉ



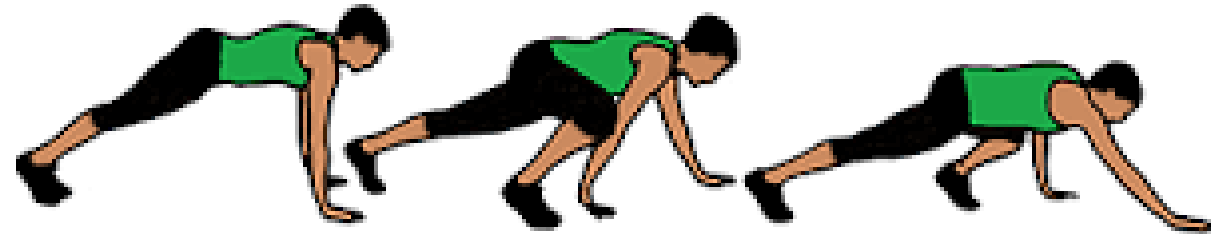
Mountain Climber

DICTÉE SANTÉ



Nageur

DICTÉE SANTÉ



Ours

DICTÉE SANTÉ



Push-up

DICTÉE SANTÉ



Squat

DICTÉE SANTÉ



Redressement Assis

DICTÉE SANTÉ



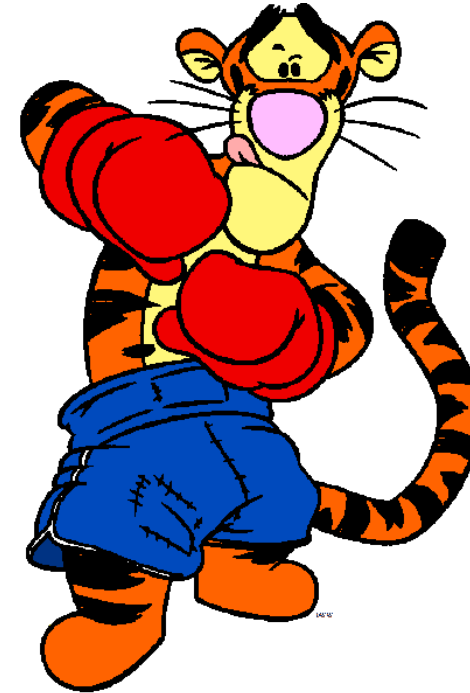
Spiderman

DICTÉE SANTÉ



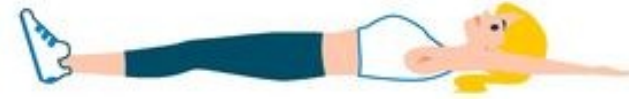
Talon-Fesse

DICTÉE SANTÉ



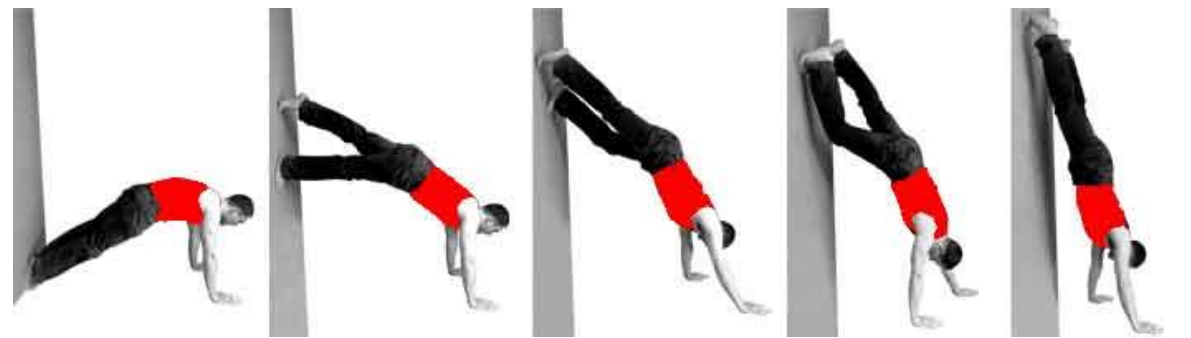
Utime combat

DICTÉE SANTÉ



V-Sit

DICTÉE SANTÉ



Wall Climber



DICTÉE SANTÉ



BMX
(Bicyclette)

DICTÉE SANTÉ



KaYak

DICTÉE SANTÉ



Zig Zag sur 1 pied

Lien pour les lettres: <https://www.ohmyalfabetos.com/p/temas-de-abecedarios.html>