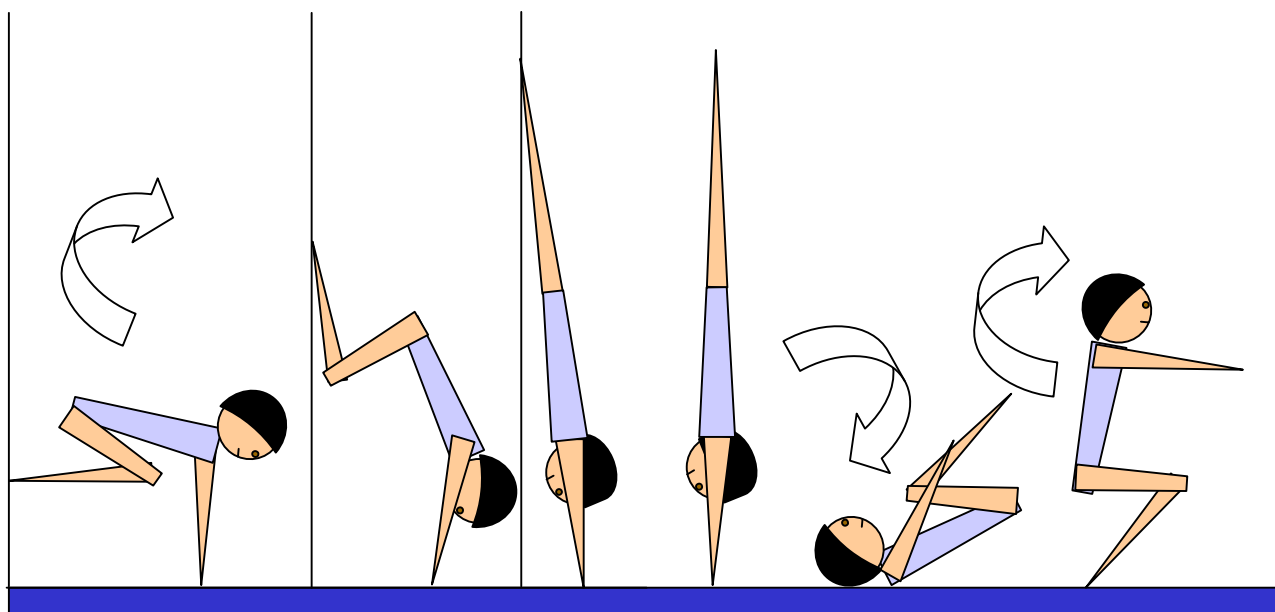




# Tapis contre un mur

1

Grimper à l'appui renversé (ventre contre mur) - Rouler

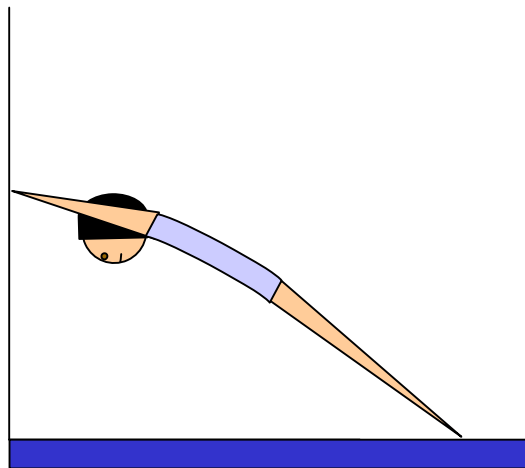




# Tapis contre un mur

1

Position "C+" (mains contre le mur)

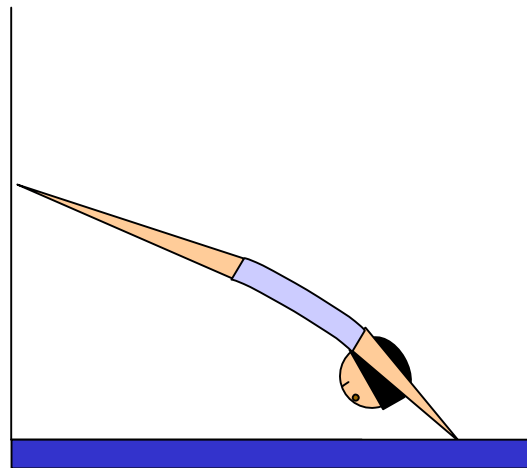




# Tapis contre un mur

1

Position "C+" (pieds contre le mur)

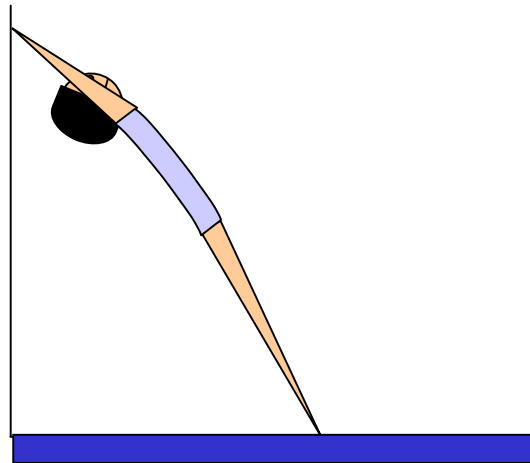




# Tapis contre un mur

1

Position "C-" (mains contre le mur)

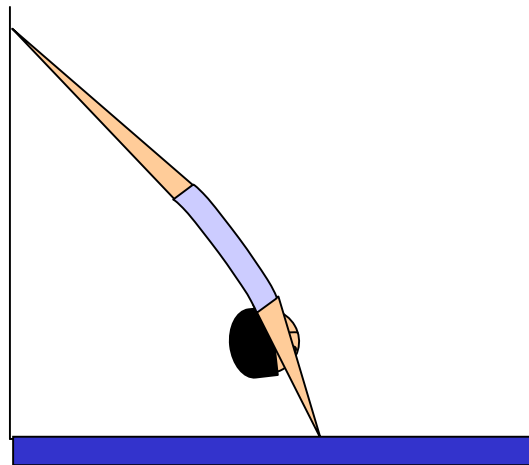


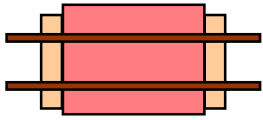


# Tapis contre un mur

1

Position "C-" (pieds contre le mur)

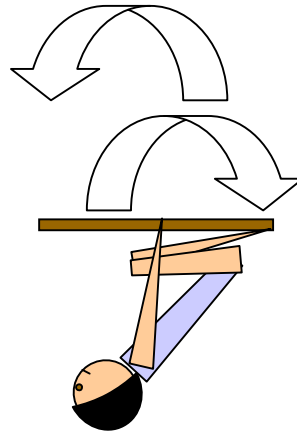


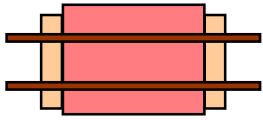


## Barres parallèles

2

En suspension - Rotation arrière + avant

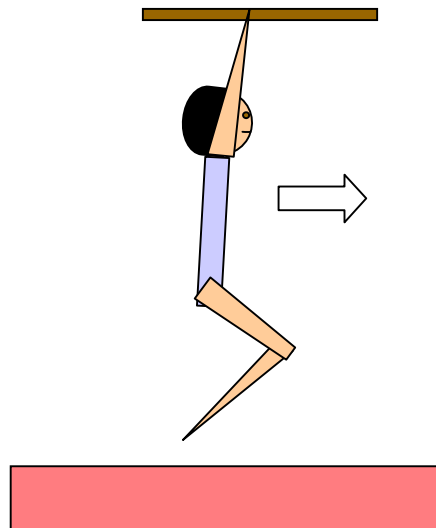


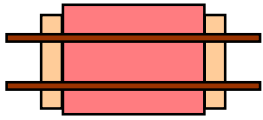


# Barres parallèles

2

En suspension - Traverser

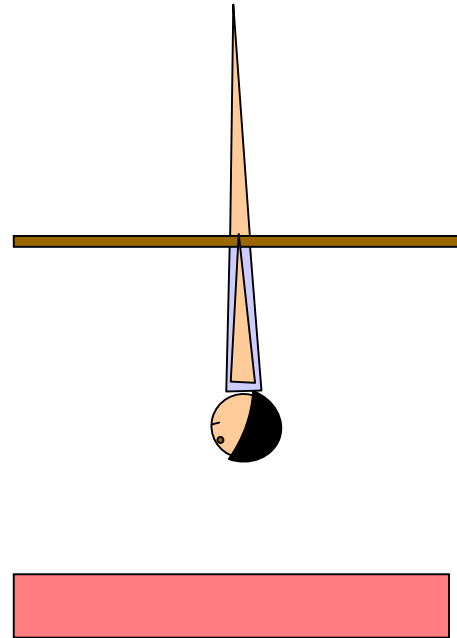
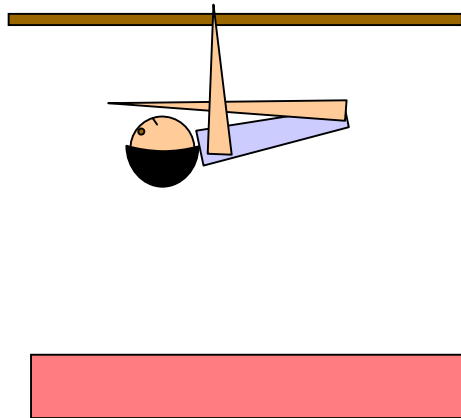


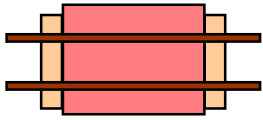


## Barres parallèles

2

Suspension mi-renversée / renversée tendue

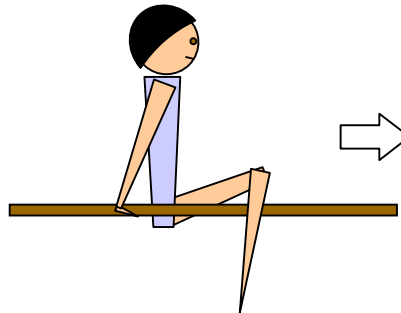


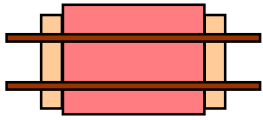


## Barres parallèles

2

Grimper - Traverser "assis"

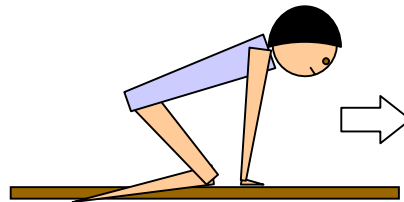


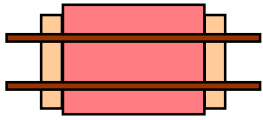


## Barres parallèles

2

Grimper - traverser « à 4 pattes »

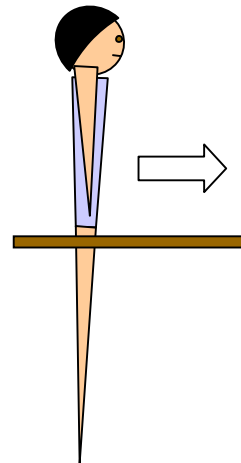


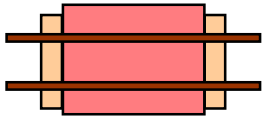


## Barres parallèles

2

Traverser à l'appui

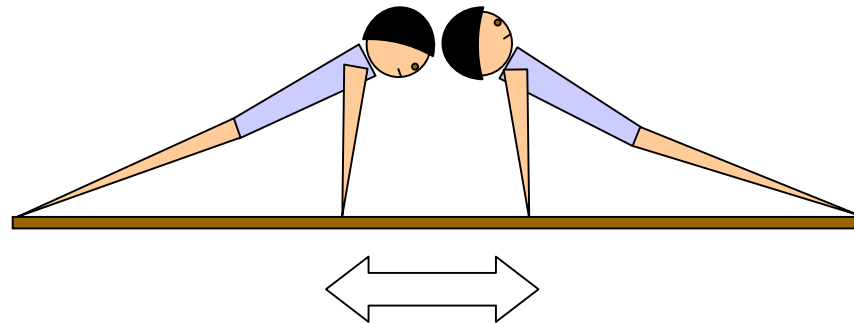


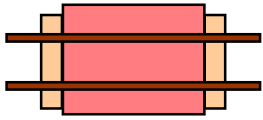


## Barres parallèles

2

Elancer (avec aide / surveillance)

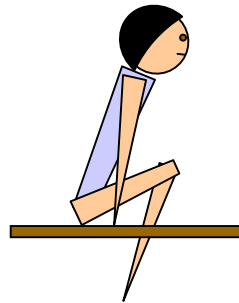


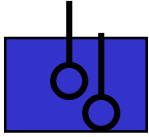


## Barres parallèles

2

Equerre (jambes fléchies)

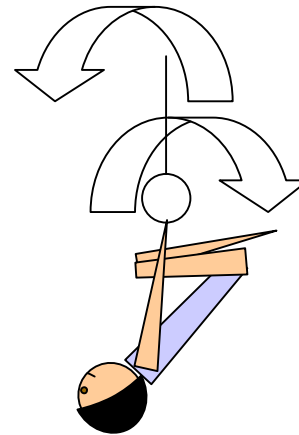


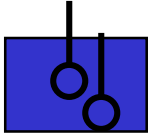


# Anneaux

3

Rotation arrière + avant

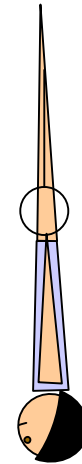
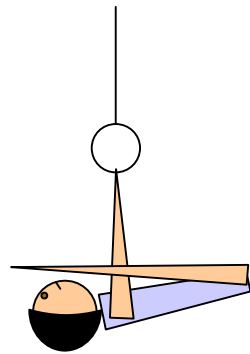


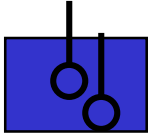


# Anneaux

3

Suspension mi-renversée / renversée tendue

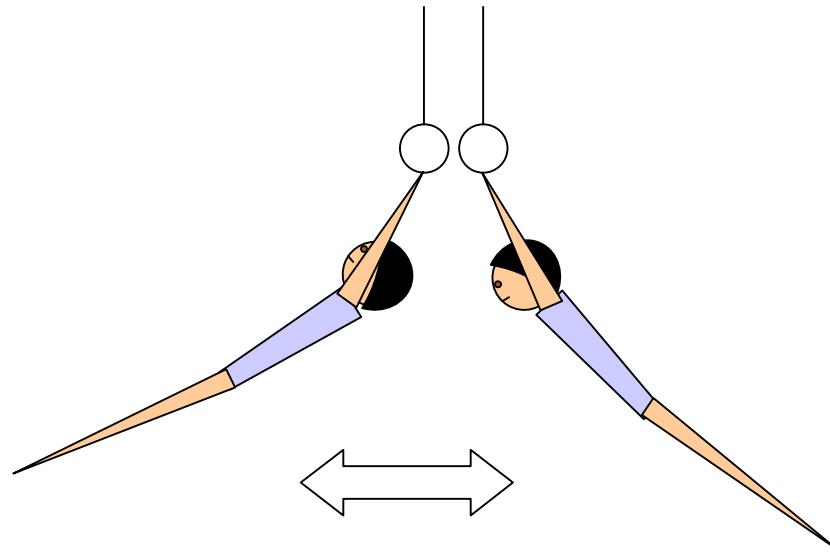


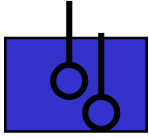


# Anneaux

3

En suspension - Elancer

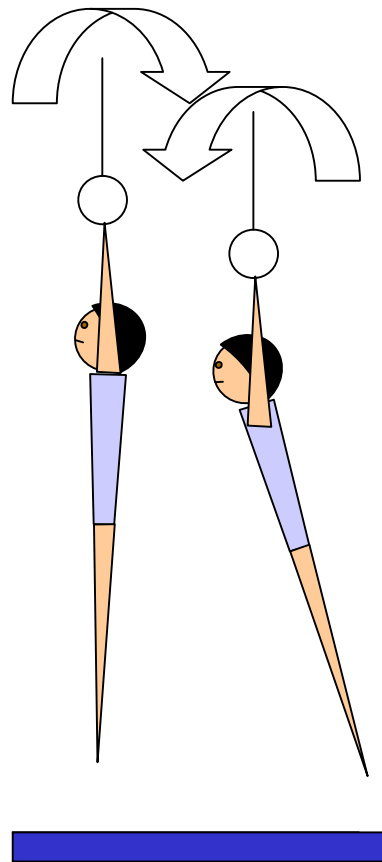


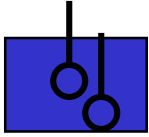


# Anneaux

3

Suspension - Suspension dorsale et retour

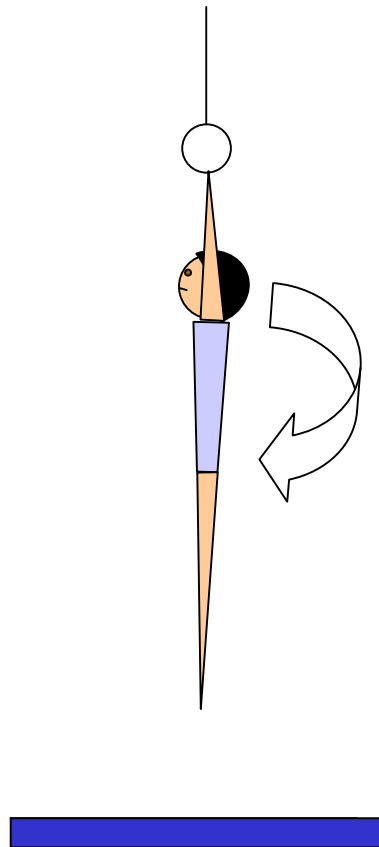


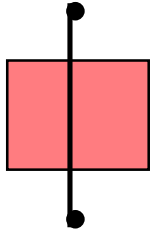


# Anneaux

3

En suspension - « vrilles » (en faisant des cercles avec les pieds)

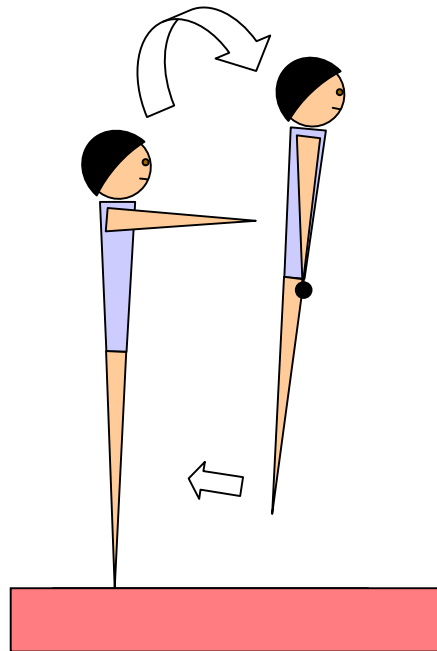


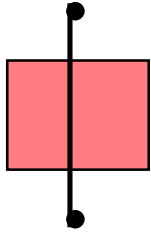


# Barre-fixe

4

Saut à l'appui - Saut à la station



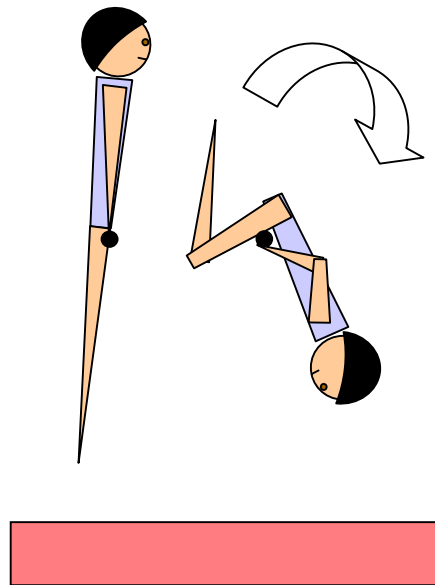


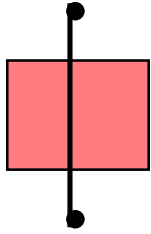
# Barre-fixe

4

## Rotation en avant

(attention aux prises: en prises palmaires ou en reprenant les prises sous la barre avant la rotation)

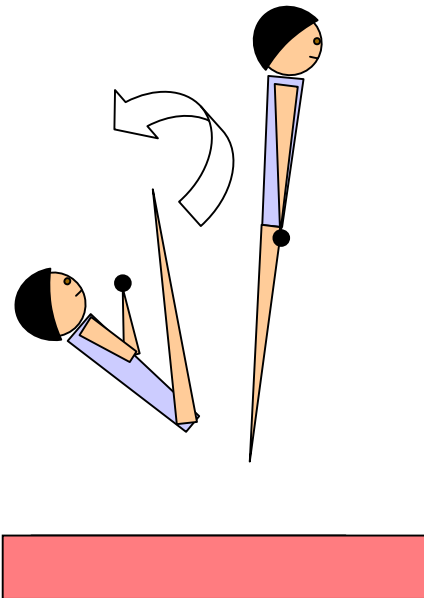


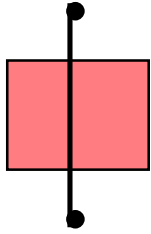


# Barre-fixe

4

Entrée du ventre

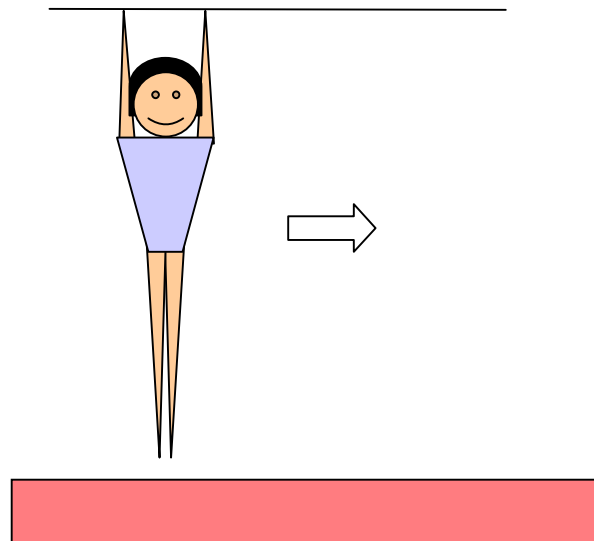


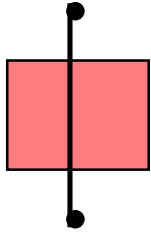


## Barre-fixe

4

En suspension - Se déplacer

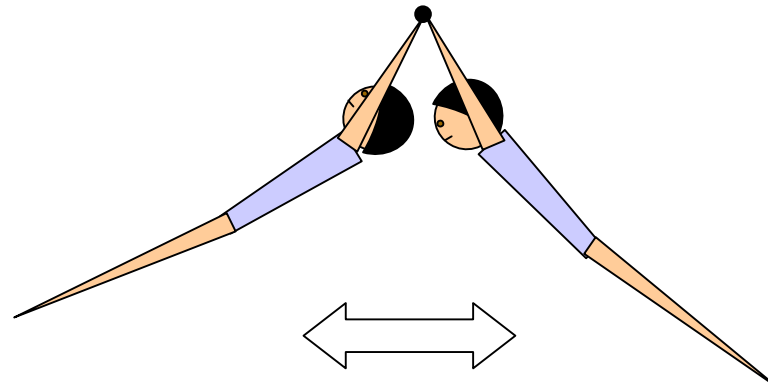


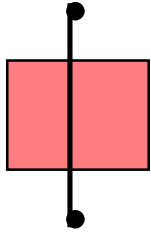


# Barre-fixe

4

En suspension - Elancer (avec aide/surveillance)

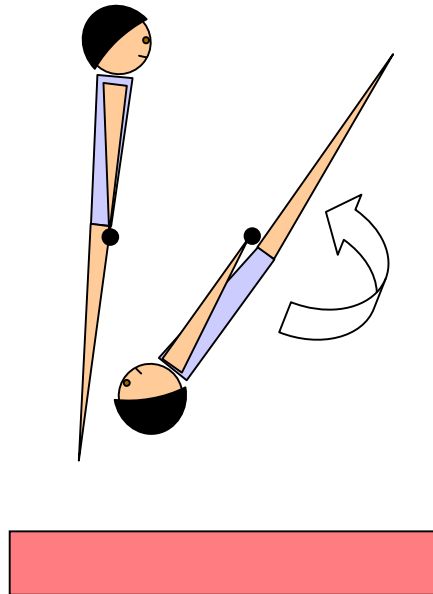


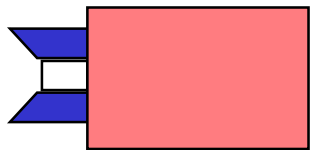


# Barre-fixe

4

Tour d'appui

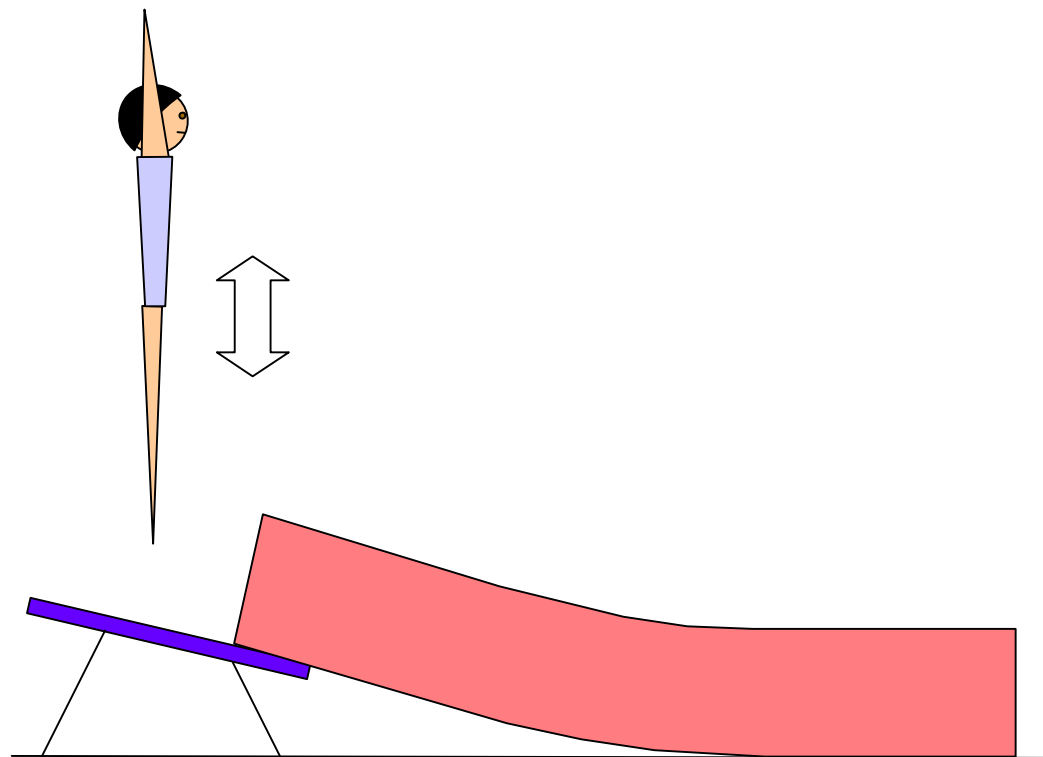


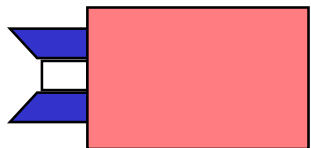


## Minitramp avec tapis sur le bord

5

Saut extension sur minitramp

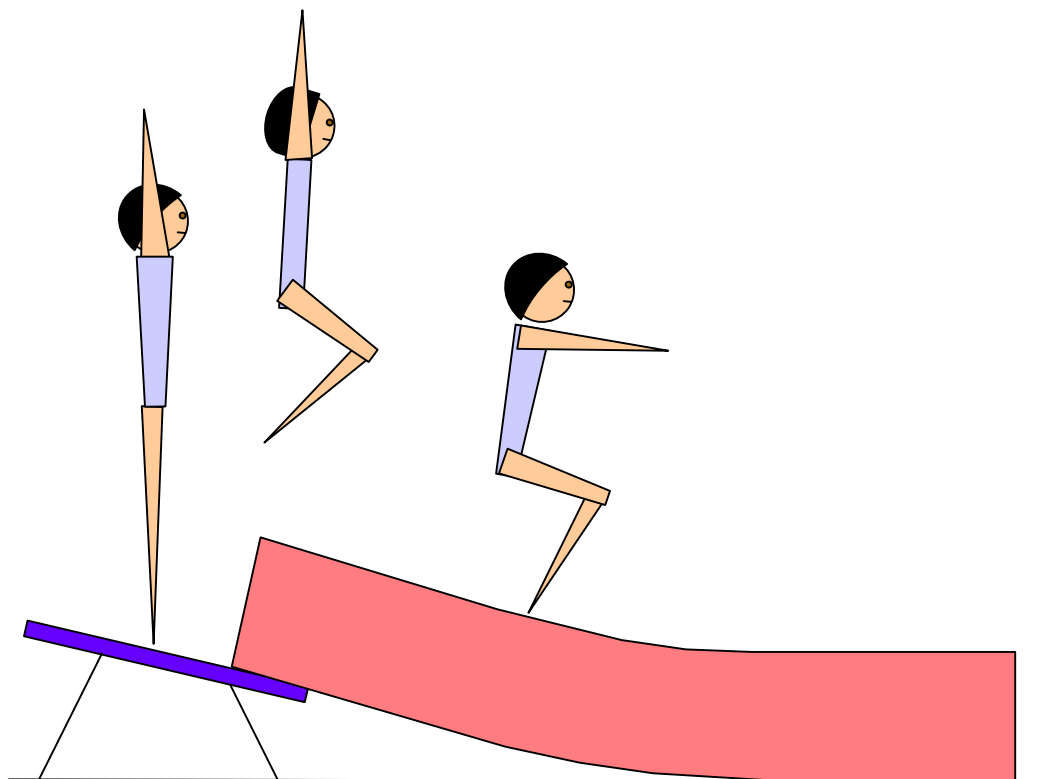


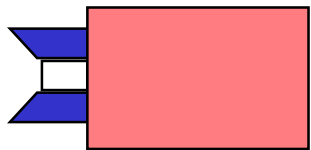


## Minitramp avec tapis sur le bord

5

Saut extension sur tapis (en tirant les jambes)

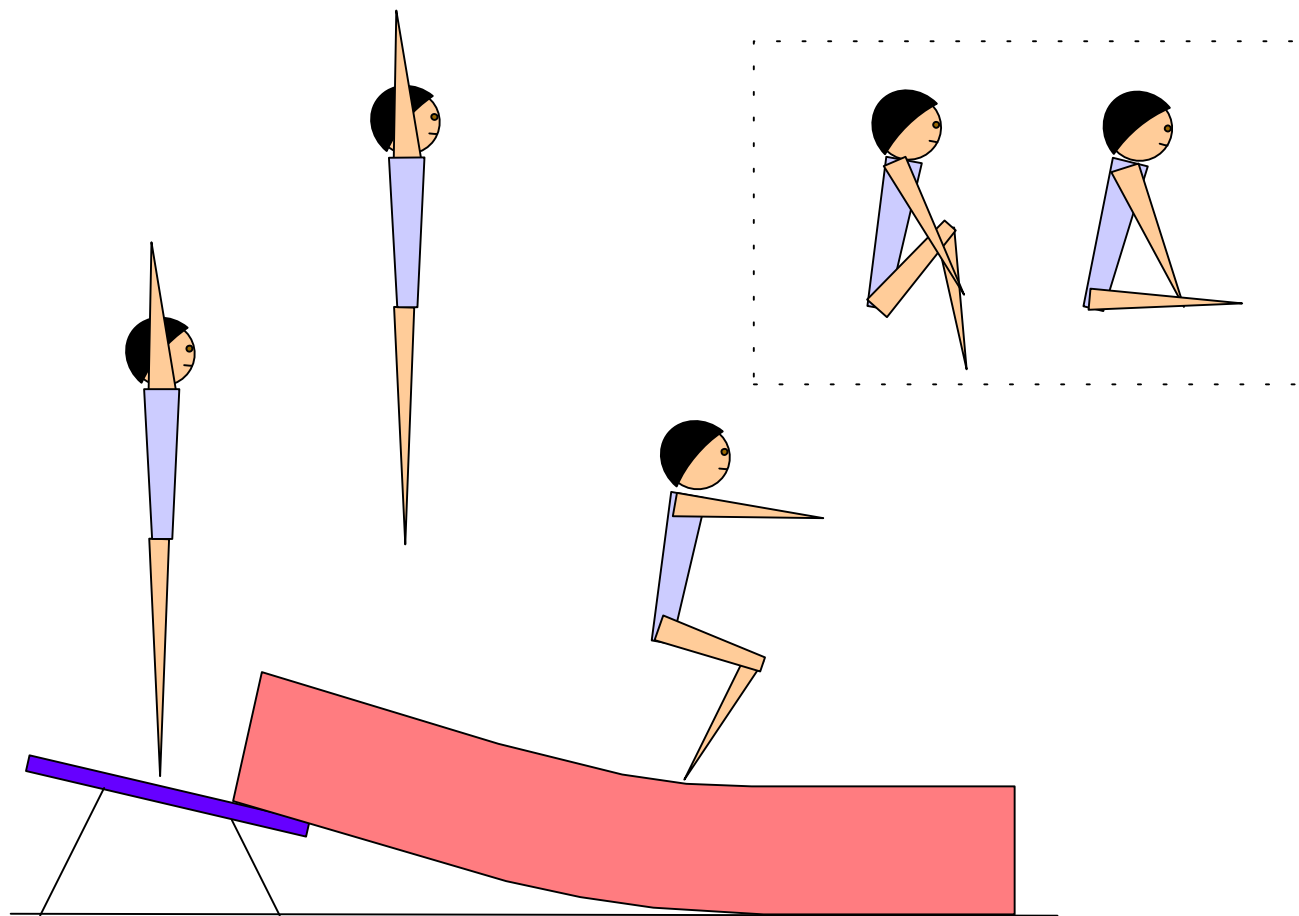


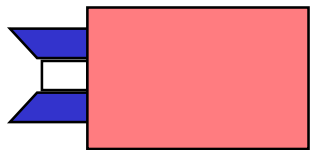


# Minitramp avec tapis sur le bord

5

Saut extension / groupé / écart

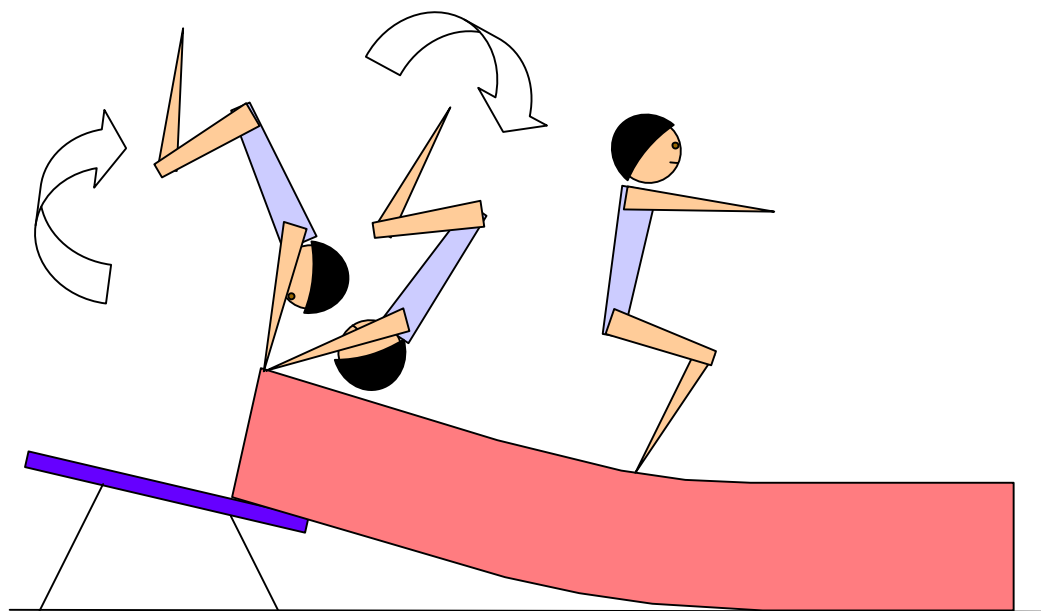


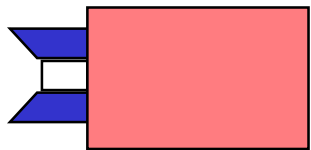


# Minitramp avec tapis sur le bord

5

Saut rouler

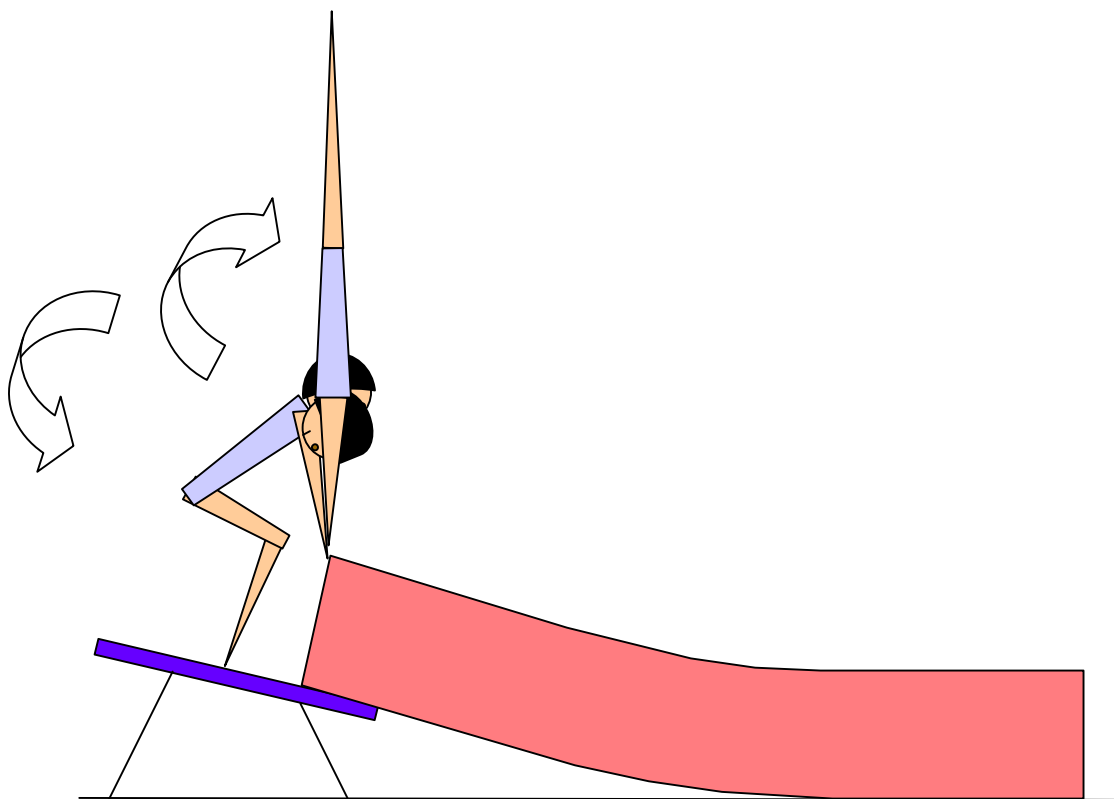


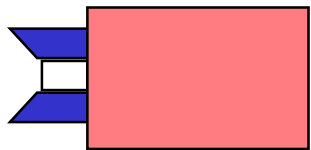


## Minitramp avec tapis sur le bord

5

Saut à l'appui renversé

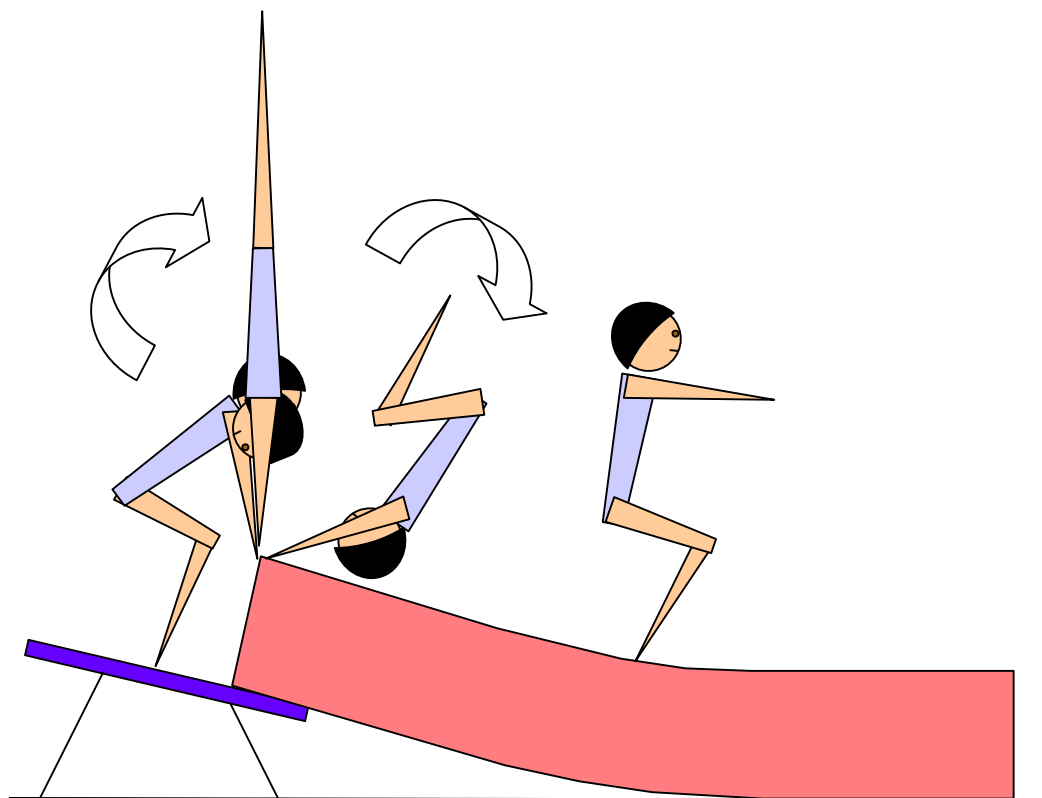


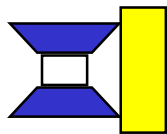


## Minitramp avec tapis sur le bord

5

Saut à l'appui renversé - Rouler

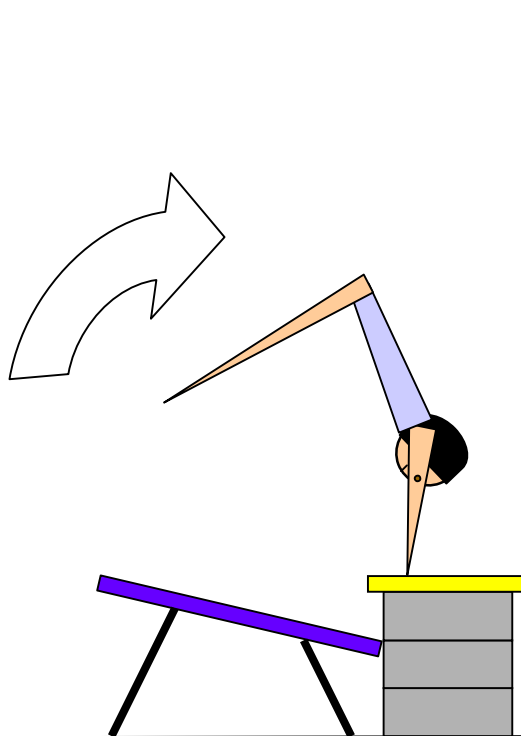


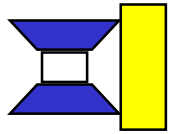


## Minitramp + caisson (2-4 éléments) contre un mur

6

Saut sur le minitramp

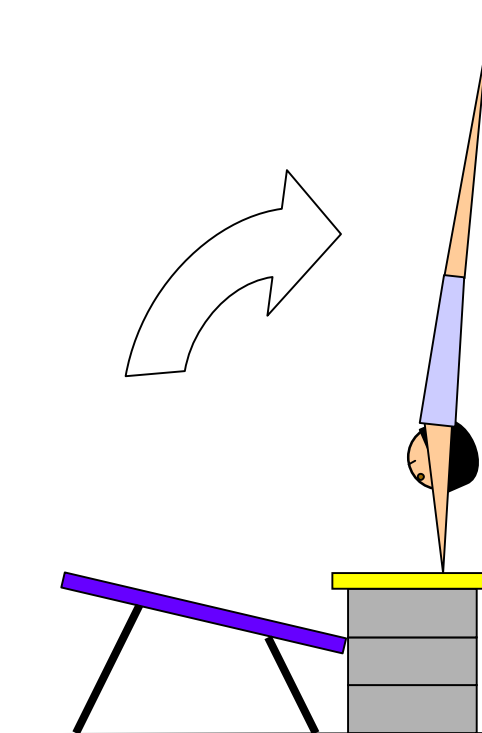


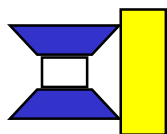


## Minitramp + caisson (2-4 éléments) contre un mur

6

Saut à l'appui renversé pieds contre le mur

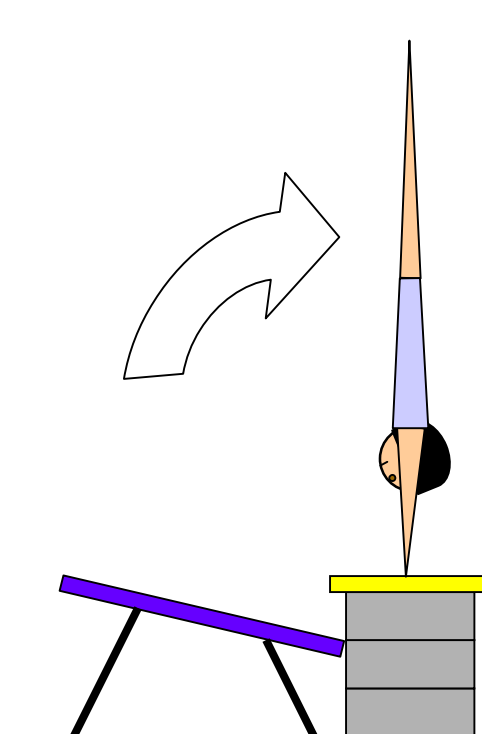


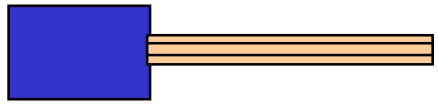


# Minitramp + caisson (2-4 éléments) contre un mur

6

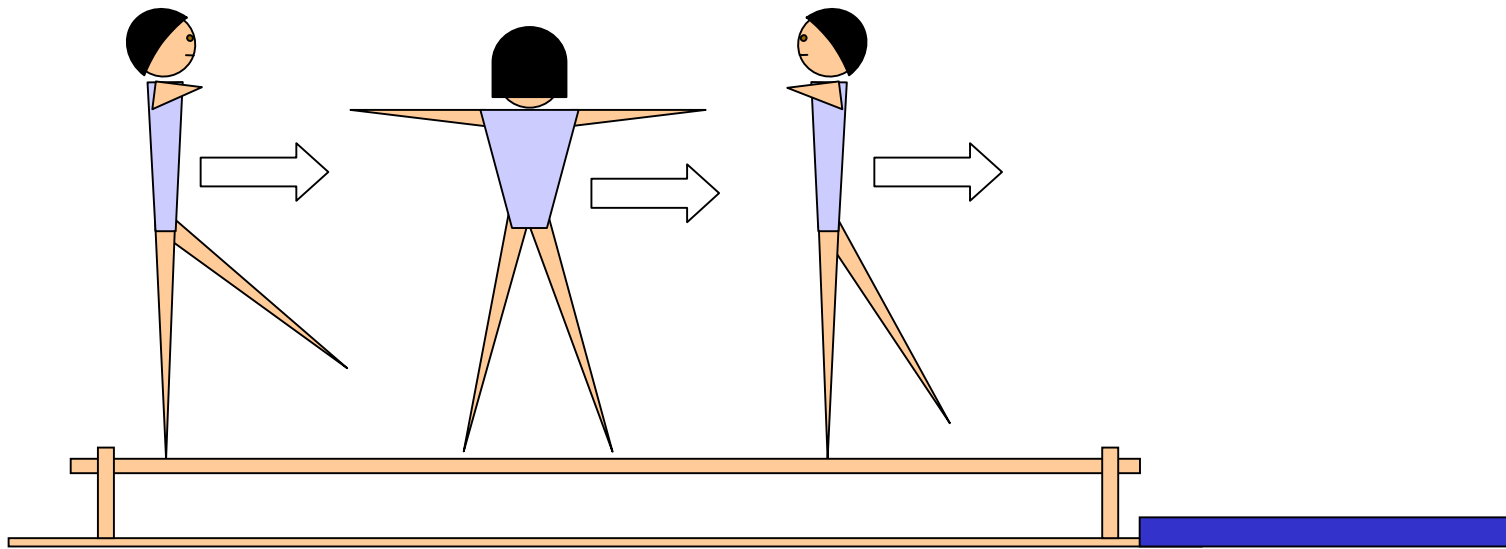
Saut à l'appui renversé

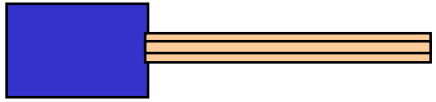




# Banc retourné (avec saut à la station en bout de banc)

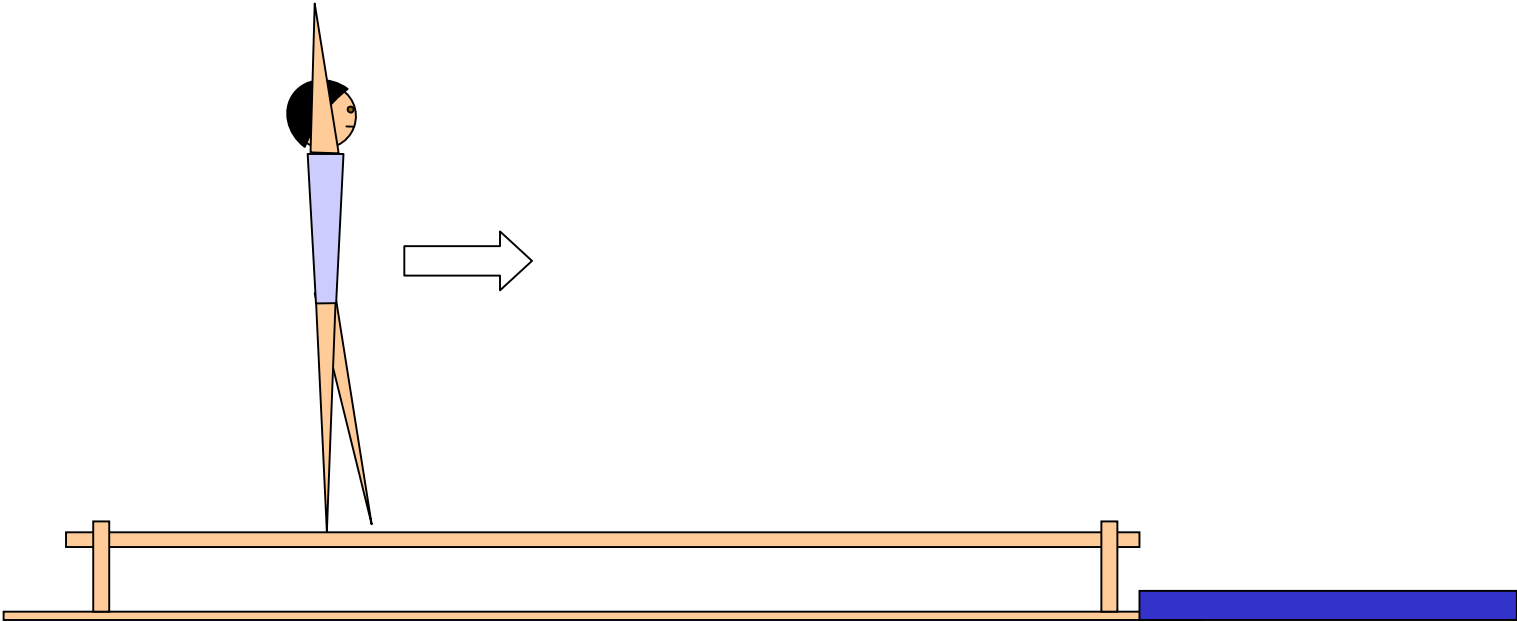
Marcher en avant / latéralement / en arrière

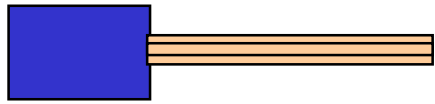




# Banc retourné (avec saut à la station en bout de banc)

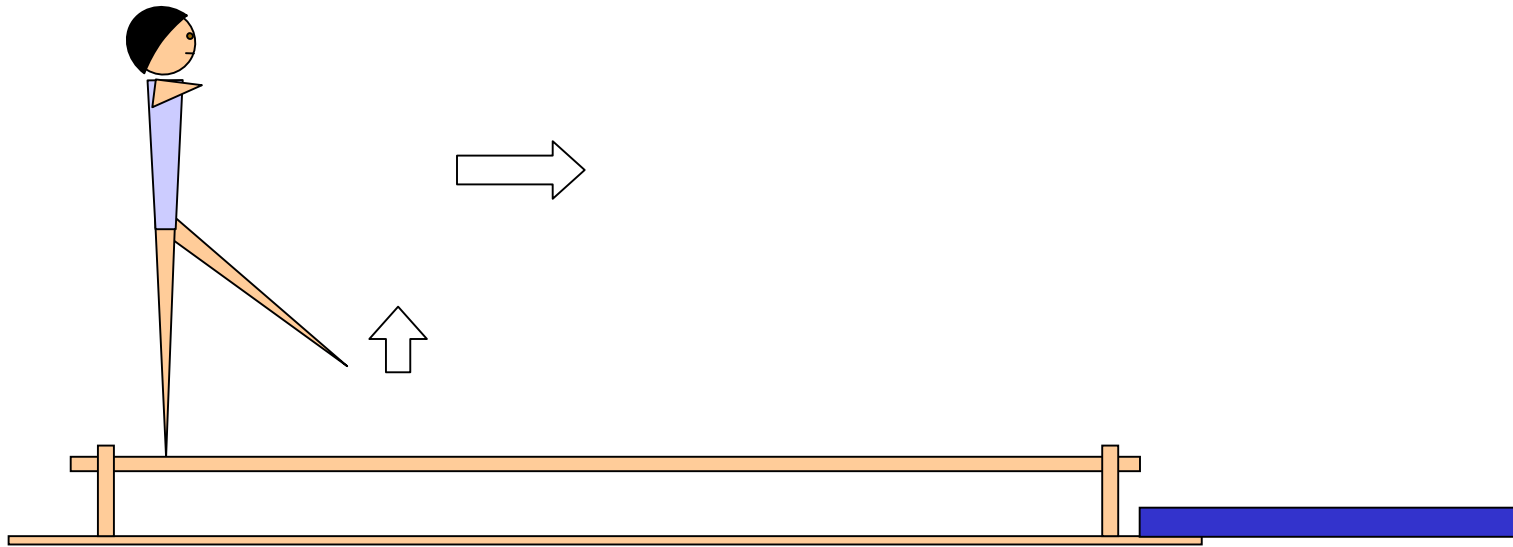
Marcher sur la pointe des pieds

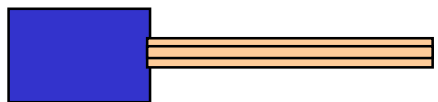




# Banc retourné (avec saut à la station en bout de banc)

Marcher en tenant la jambe élevée 3 secondes

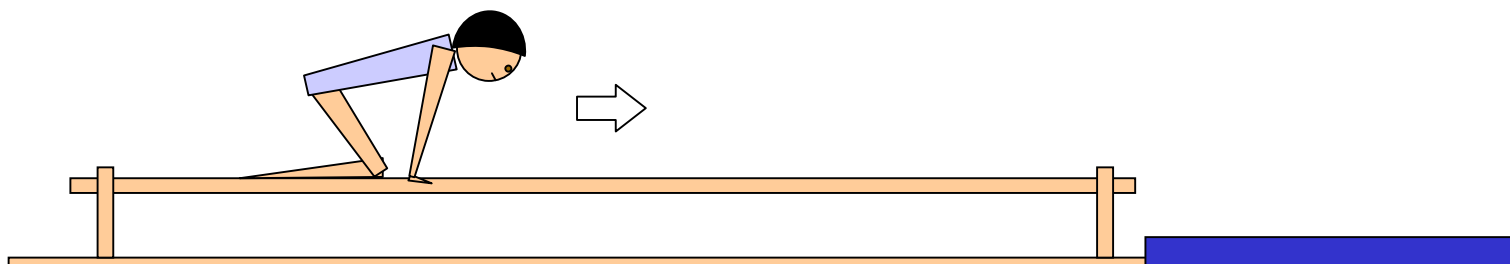


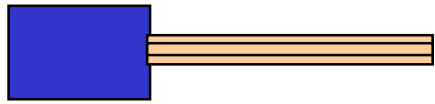


# Banc retourné (avec saut à la station en bout de banc)

7

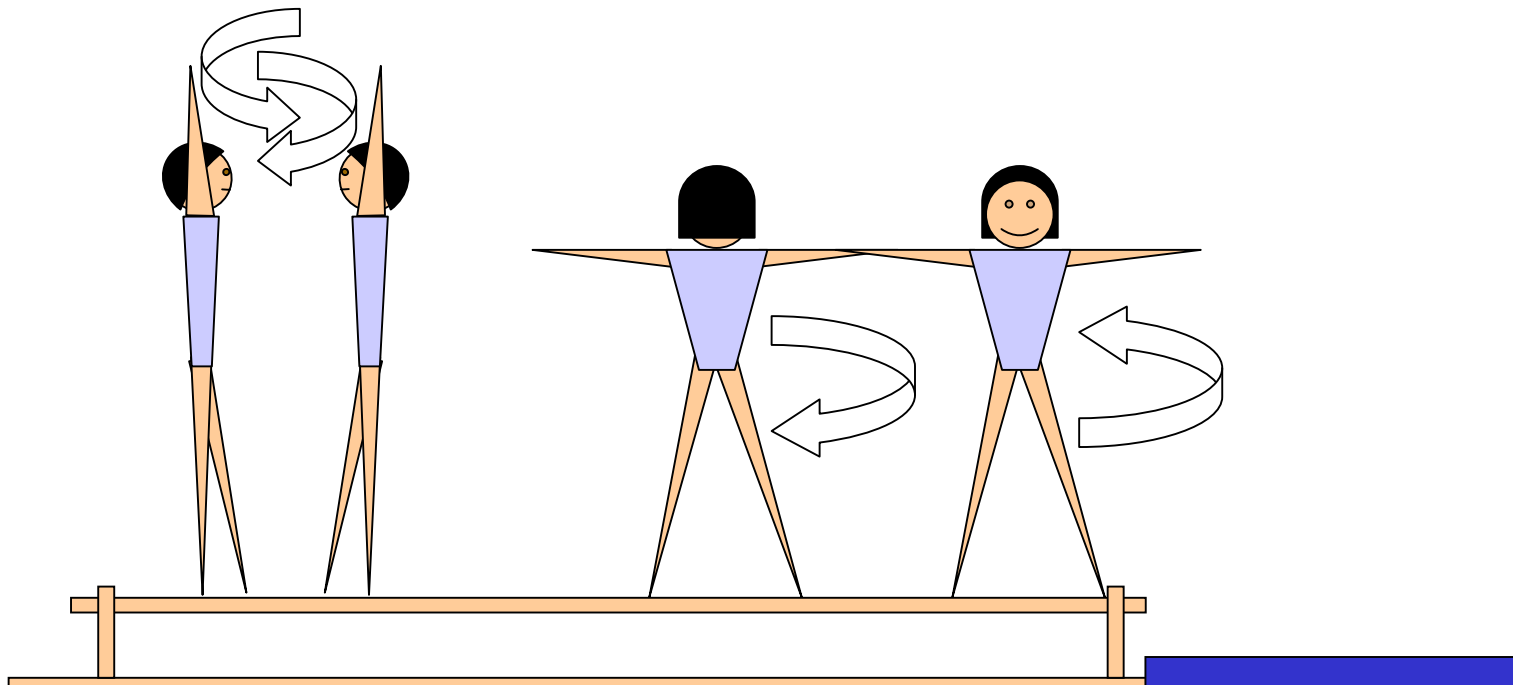
Avancer à 4 pattes

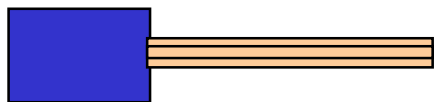




# Banc retourné (avec saut à la station en bout de banc)

1/2 tour (en position faciale / latérale)

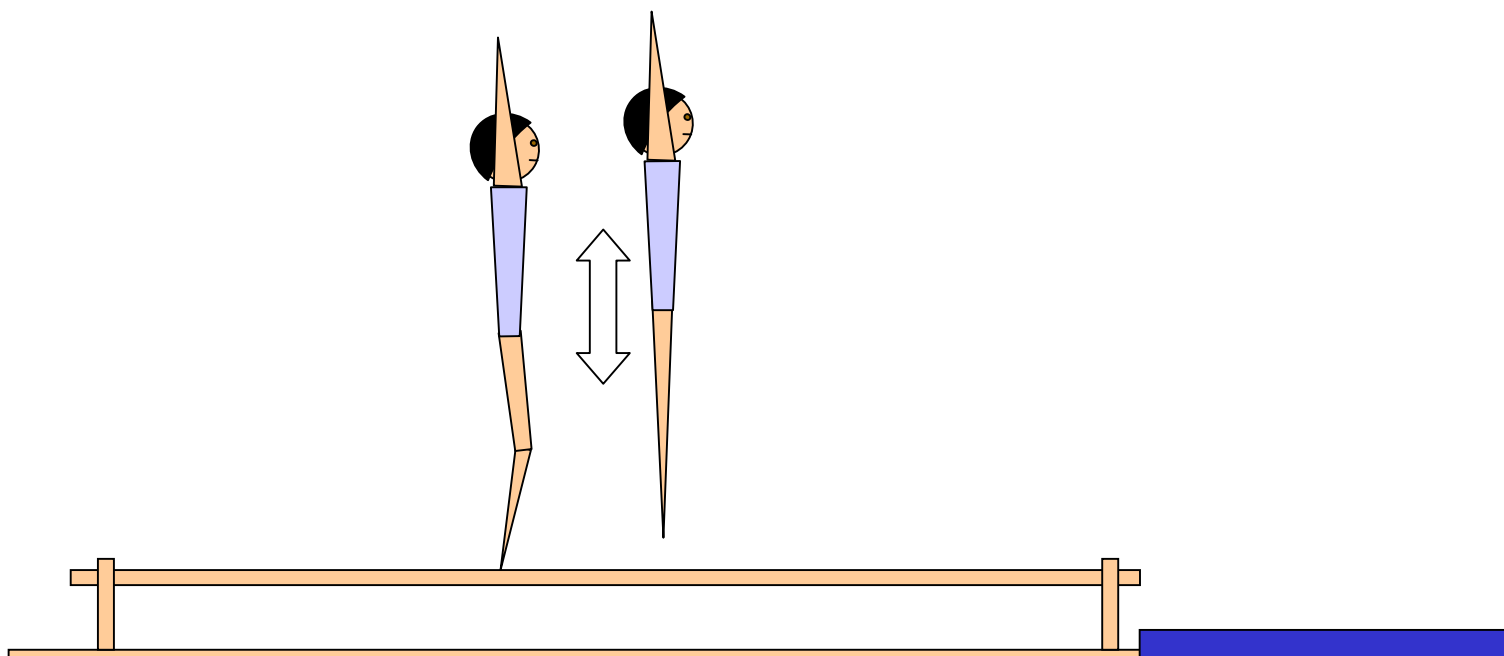


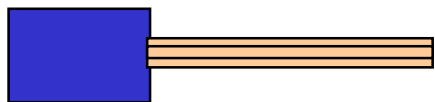


# Banc retourné (avec saut à la station en bout de banc)

7

Saut en extension





## **Banc retourné (avec saut à la station en bout de banc)**

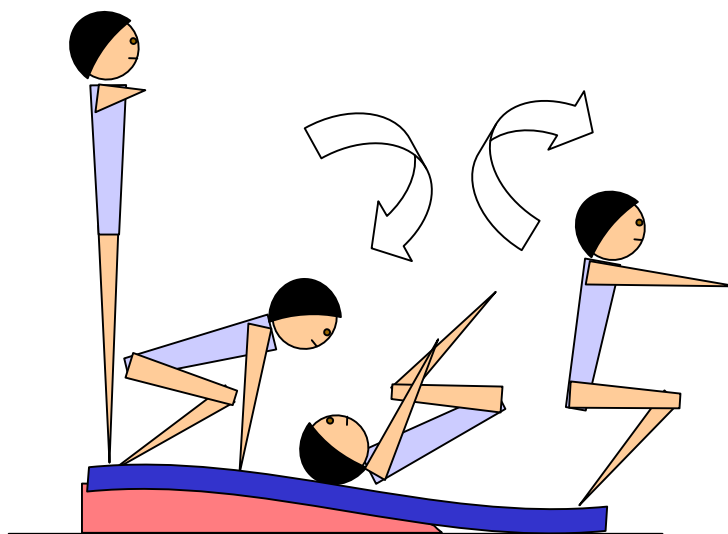
7

Séries diverses: 3 pas - 1/2 tour - 3 pas en arrière - 1/2 tour - ...



# Tremplin + Tapis

Station - Rouler avant - Station

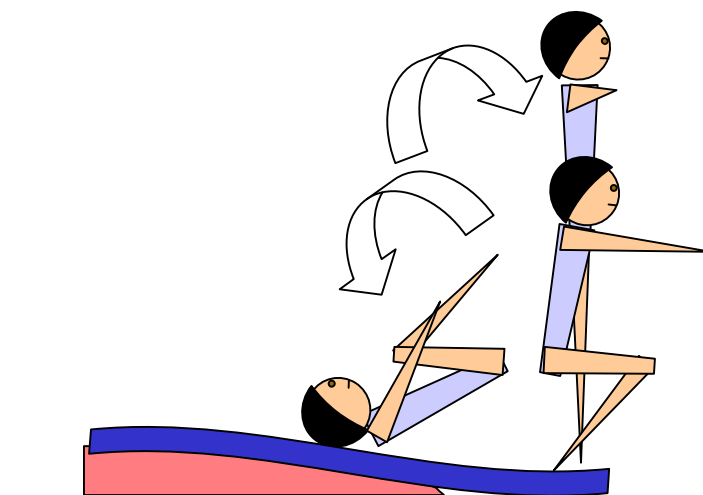




## Tremplin + Tapis

8

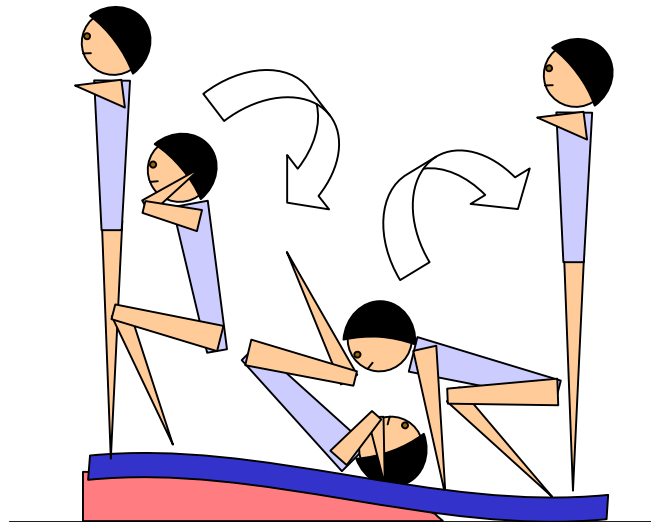
Rouler sur le dos et se relever à la station sans poser les mains





# Tremplin + Tapis

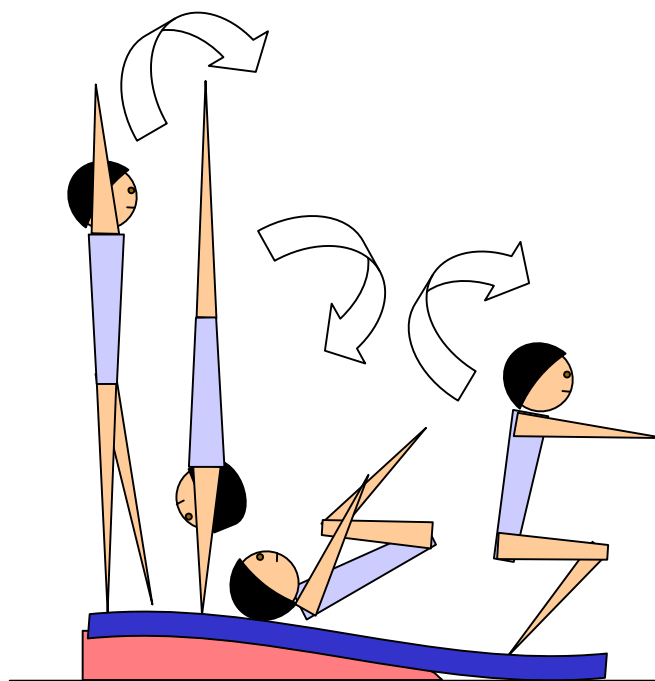
Rouler arrière





# Tremplin + Tapis

Appui renversé - Rouler

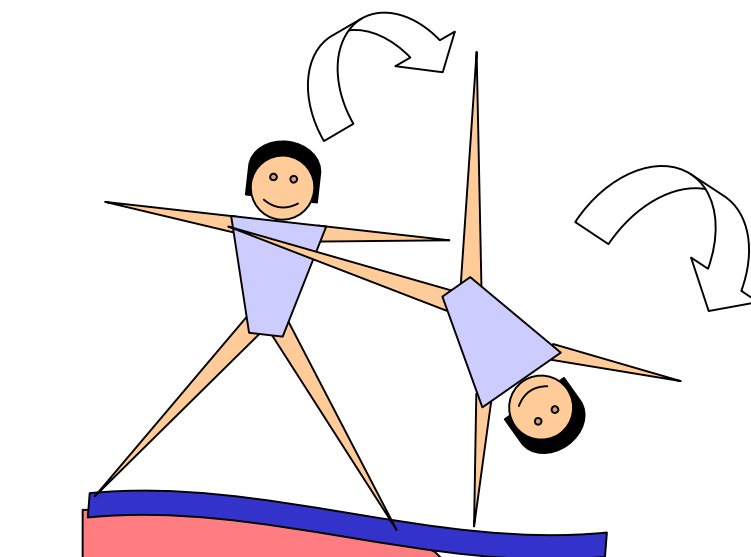




# Tremplin + Tapis

8

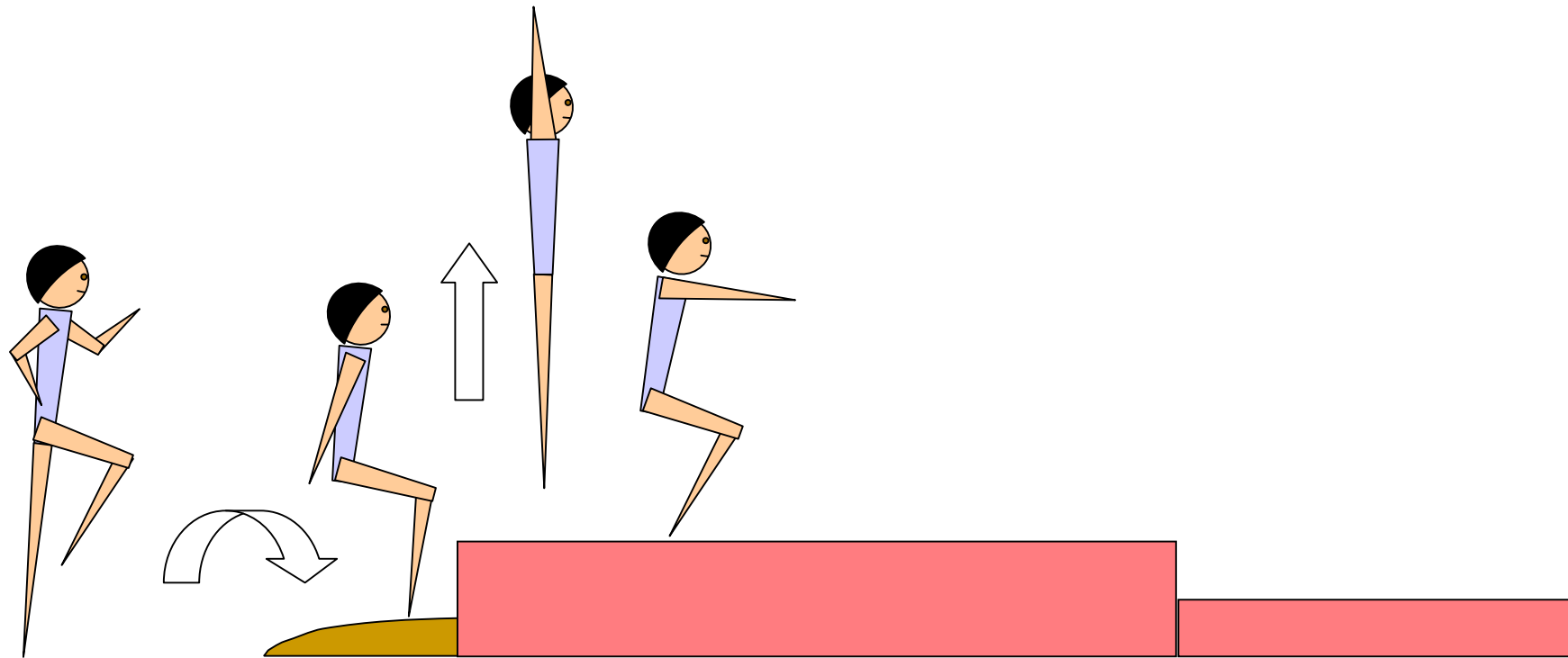
Roue gauche / droite





# Tremplin + Tapis

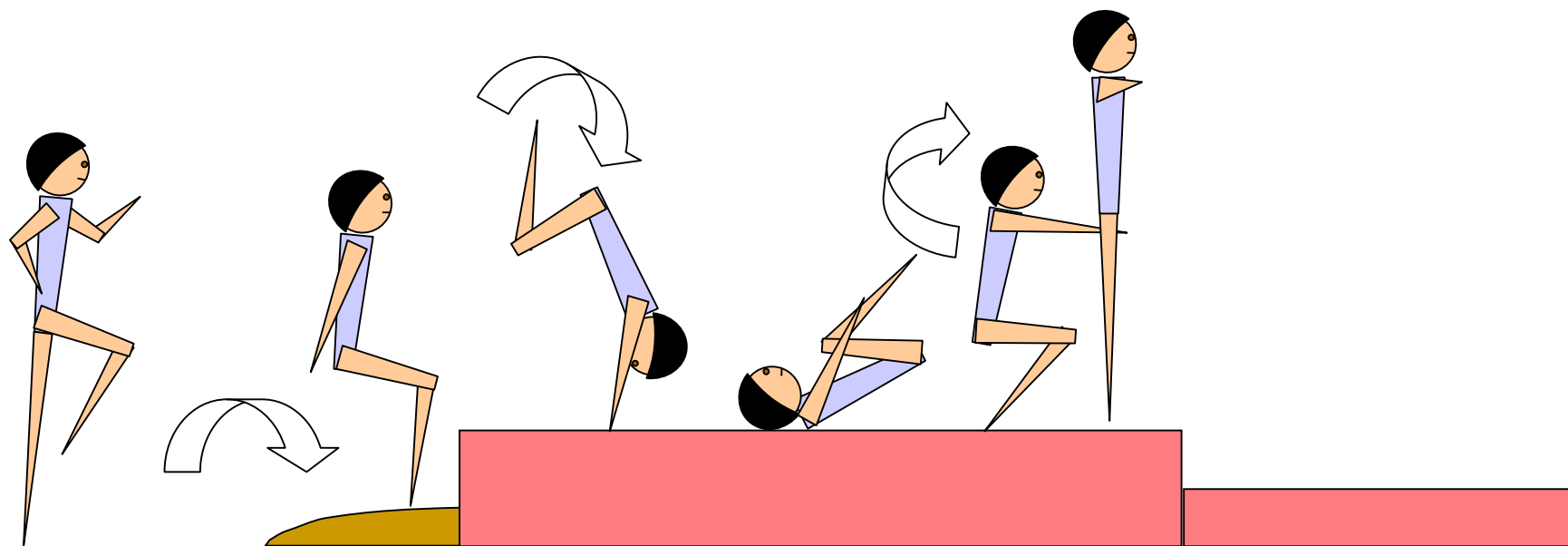
Saut en extension - Station





# Tremplin + Tapis

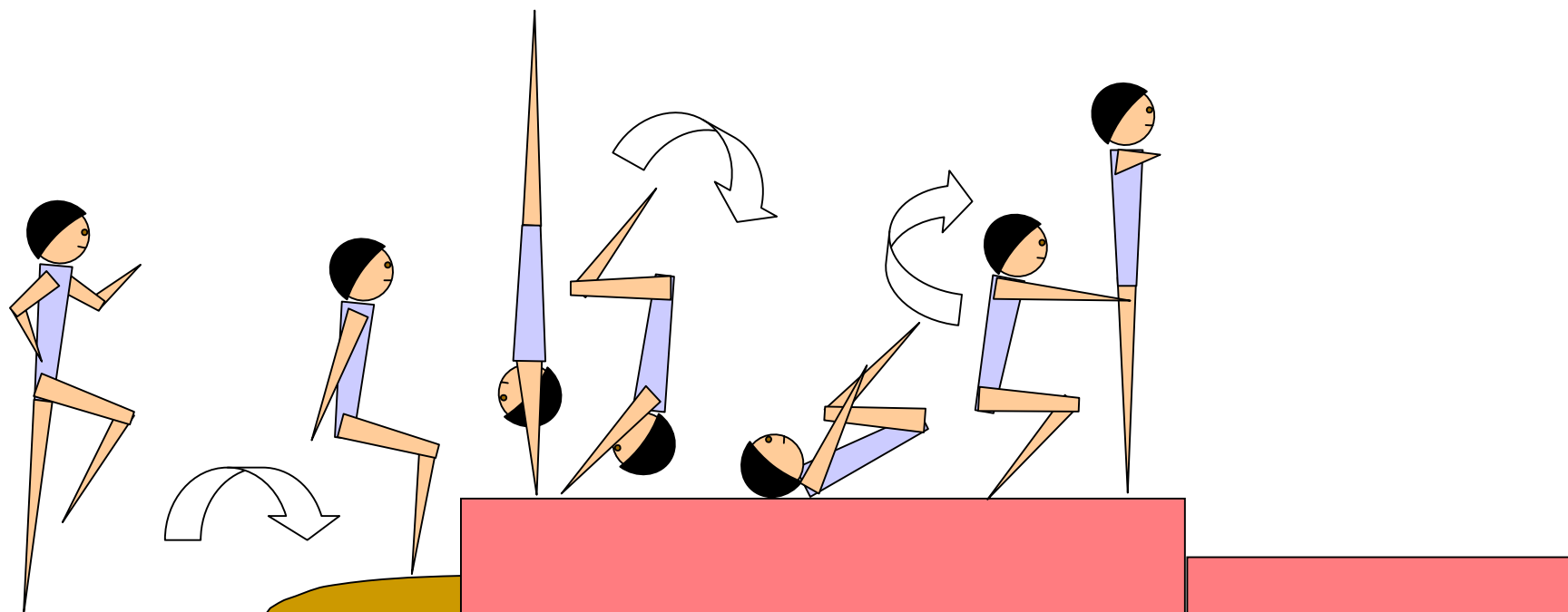
Saut rouler





# Tremplin + Tapis

Saut à l'appui renversé

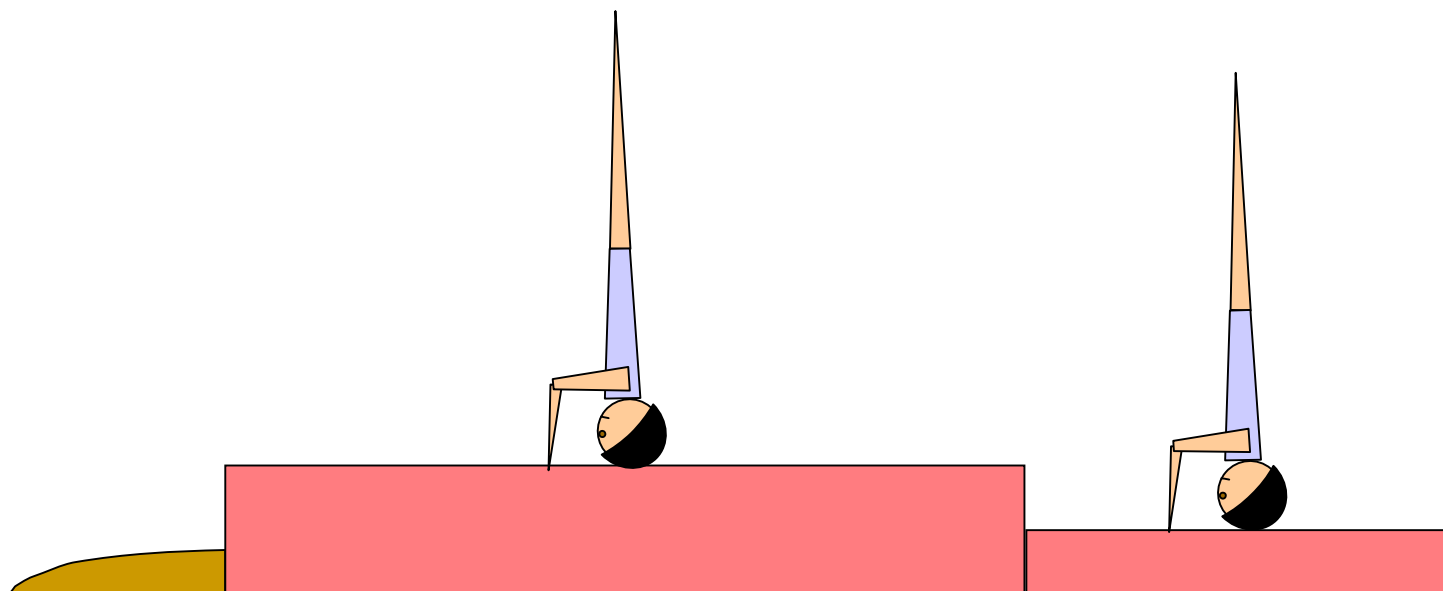




# Tremplin + Tapis

9

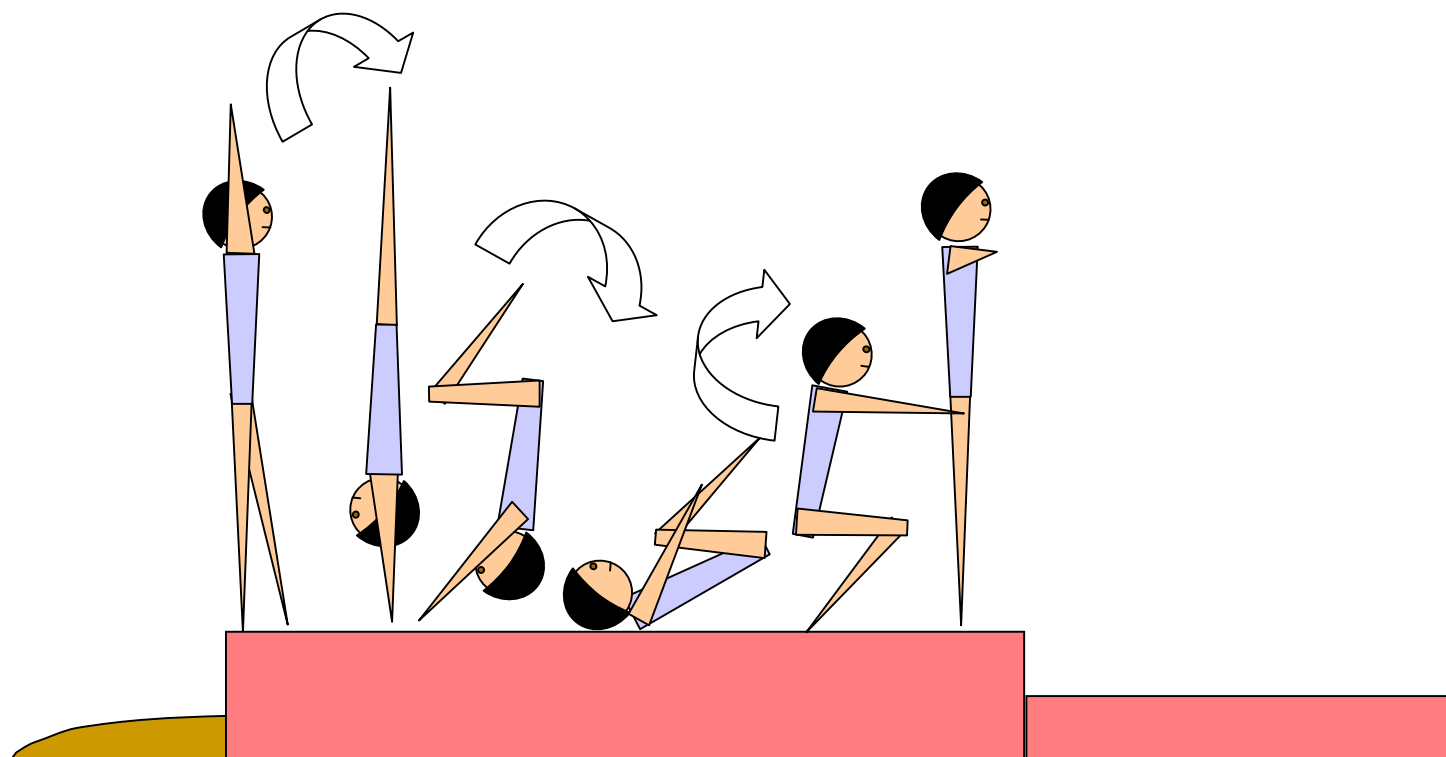
Bougie





# Tremplin + Tapis

Appui renversé

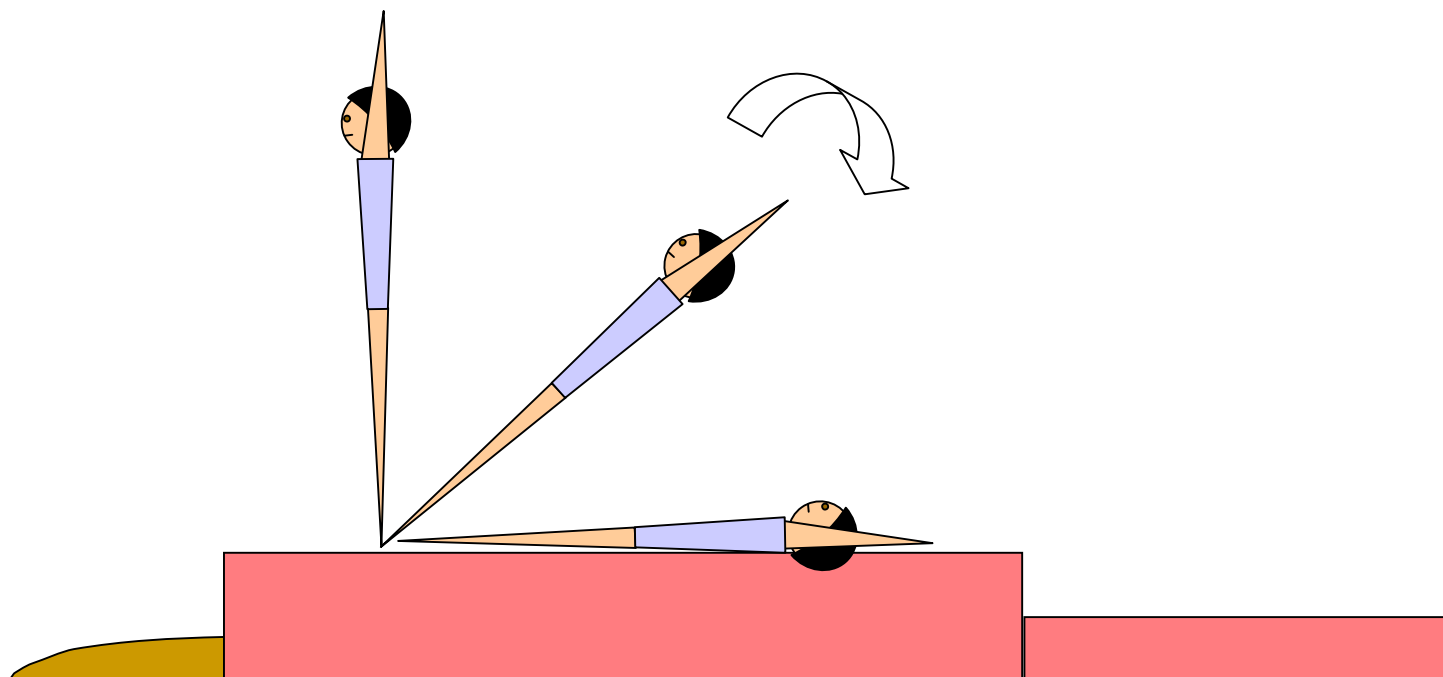


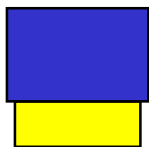


# Tremplin + Tapis

9

Tomber sur le dos d'un bloc

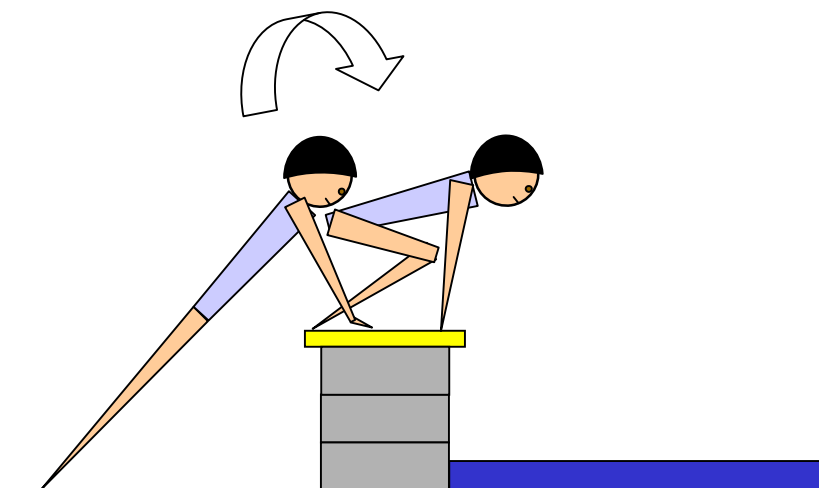


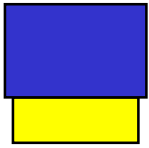


## Caisson (3 éléments) + tapis

10

Mains sur le caisson - Saut accroupi sur le caisson

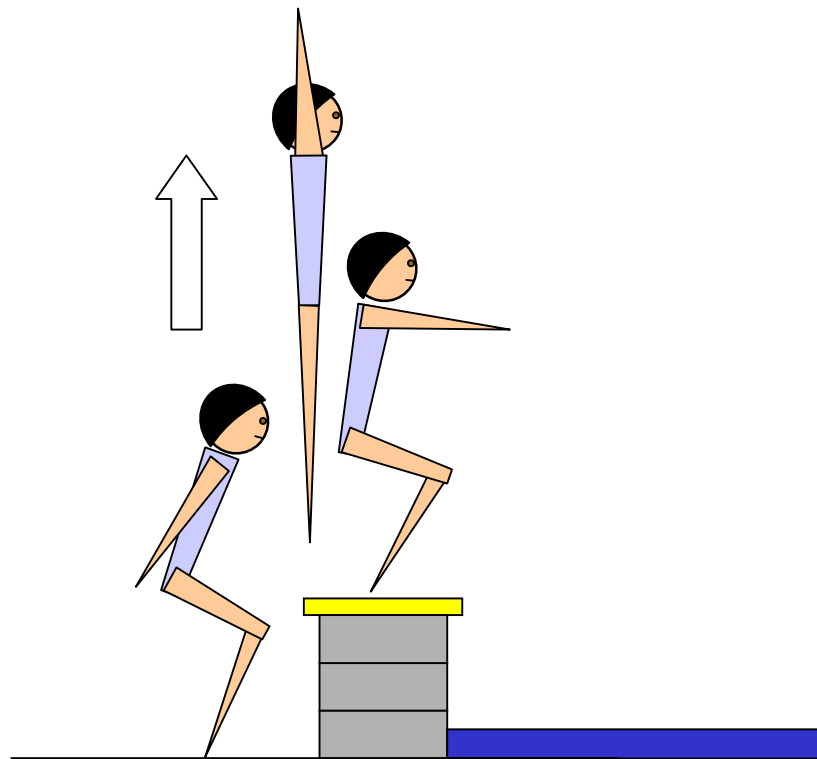


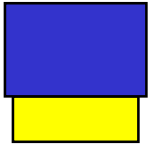


## Caisson (3 éléments) + tapis

10

Saut en extension debout sur le caisson

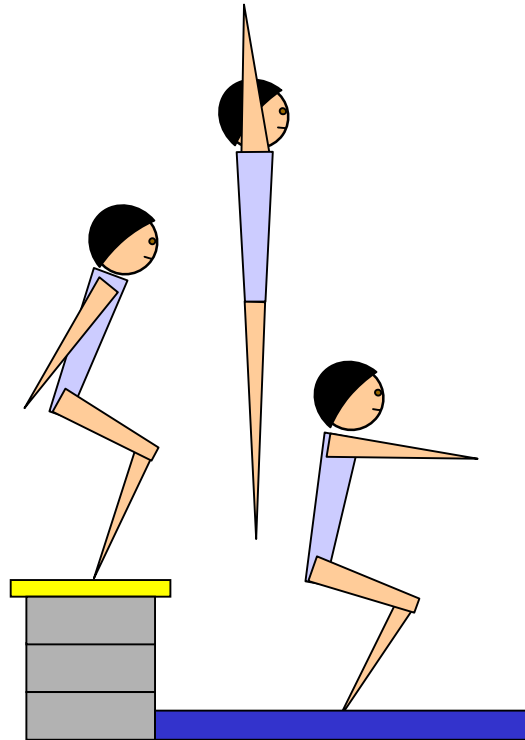


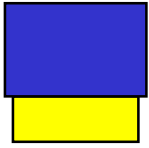


# Caisson (3 éléments) + tapis

10

Saut en extension - Station

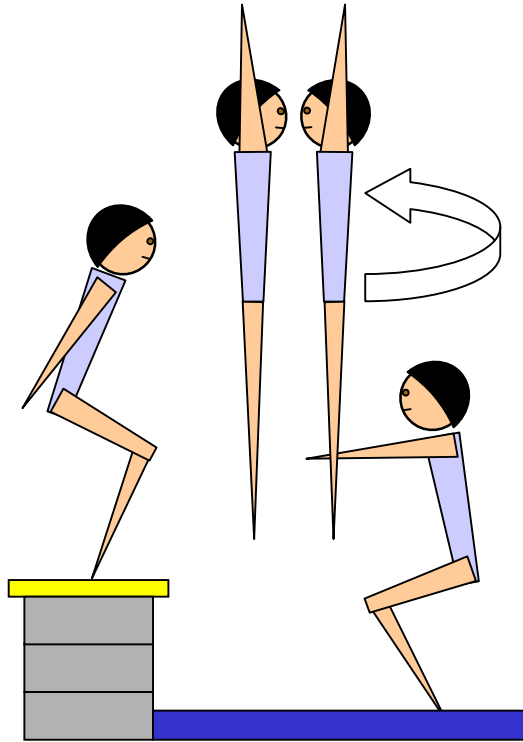


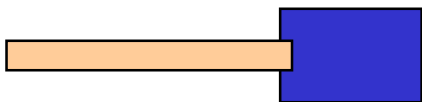


# Caisson (3 éléments) + tapis

10

Saut 1/2 tour - Station

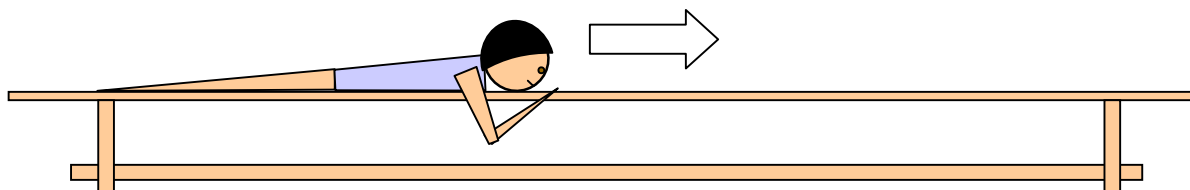


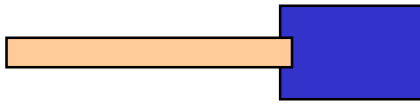


# Banc

11

Se tirer à plat ventre

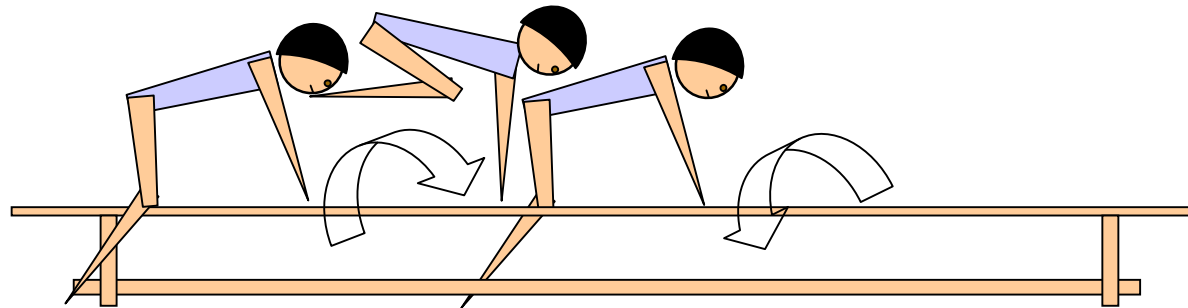


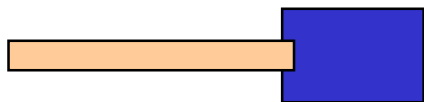


# Banc

11

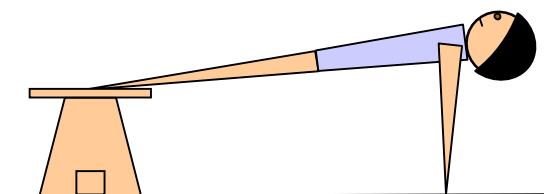
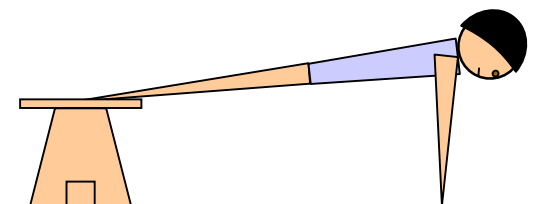
Mains sur le banc - Saut avec les pieds (joints) de part et d'autre

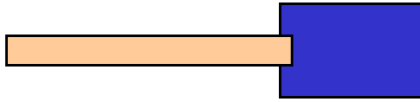




# Banc

Position faciale / dorsale

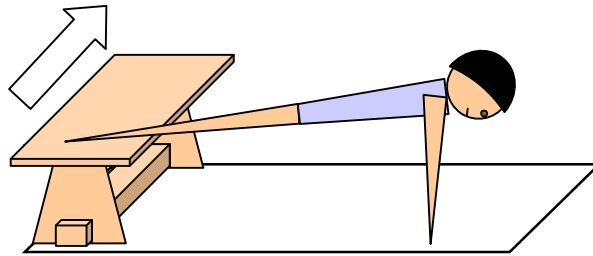


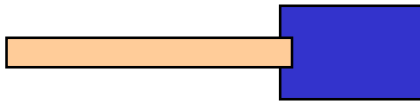


# Banc

11

Pieds sur la banc, mains à terre - Marcher latéralement

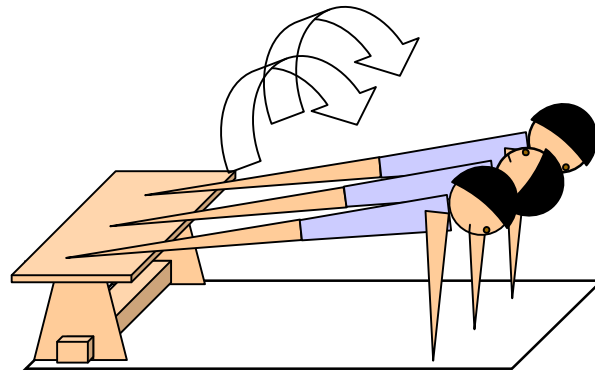


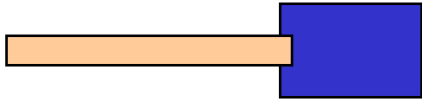


## Banc

11

Pieds sur la banc, mains à terre - Rotation longitudinale en appui

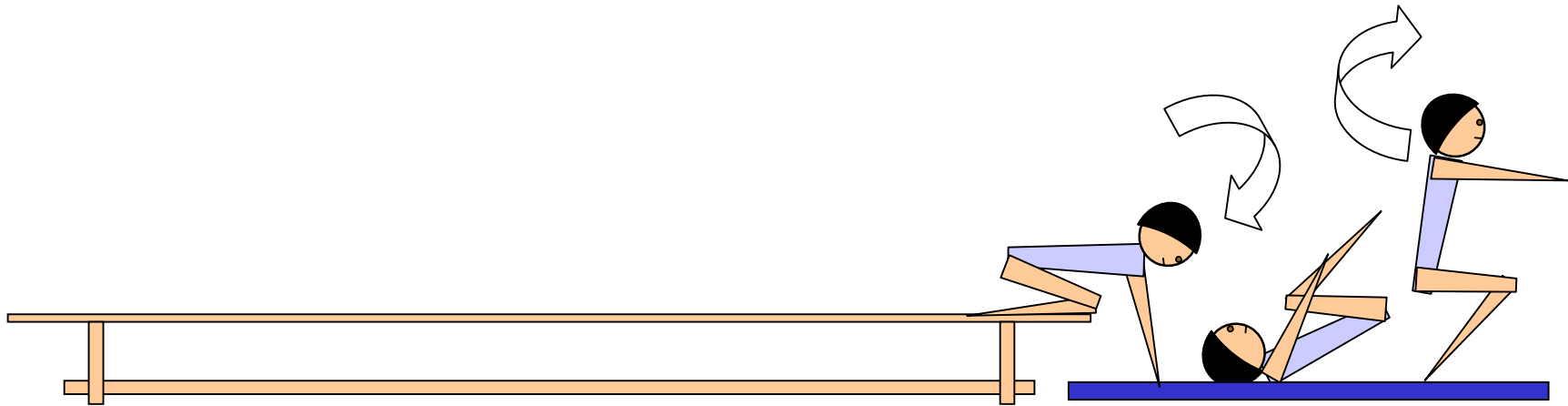


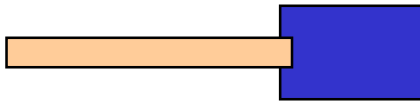


**Banc**

11

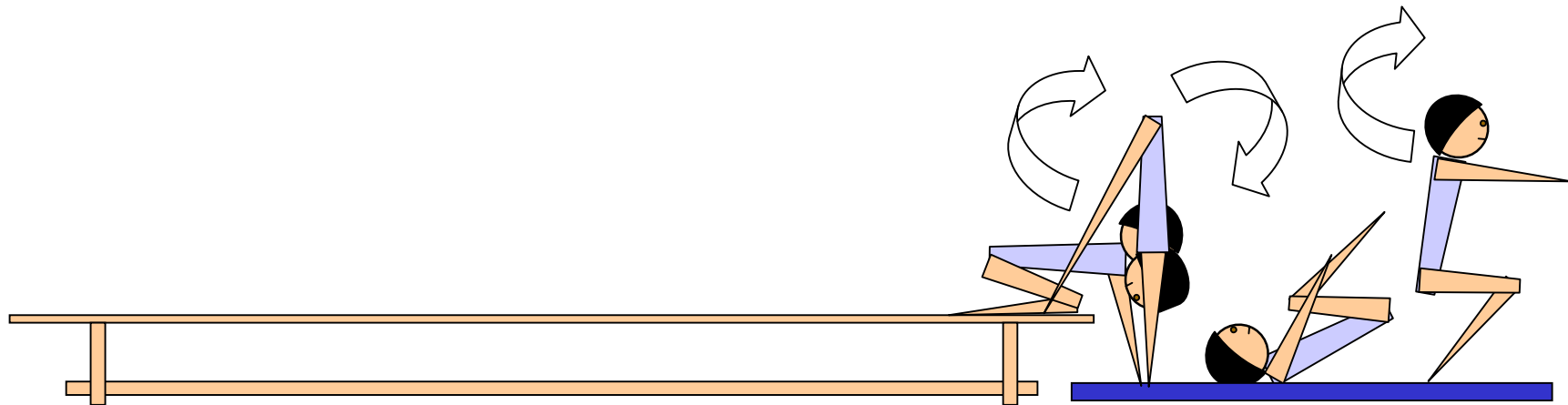
Rouler

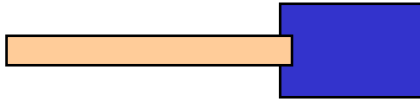




# Banc

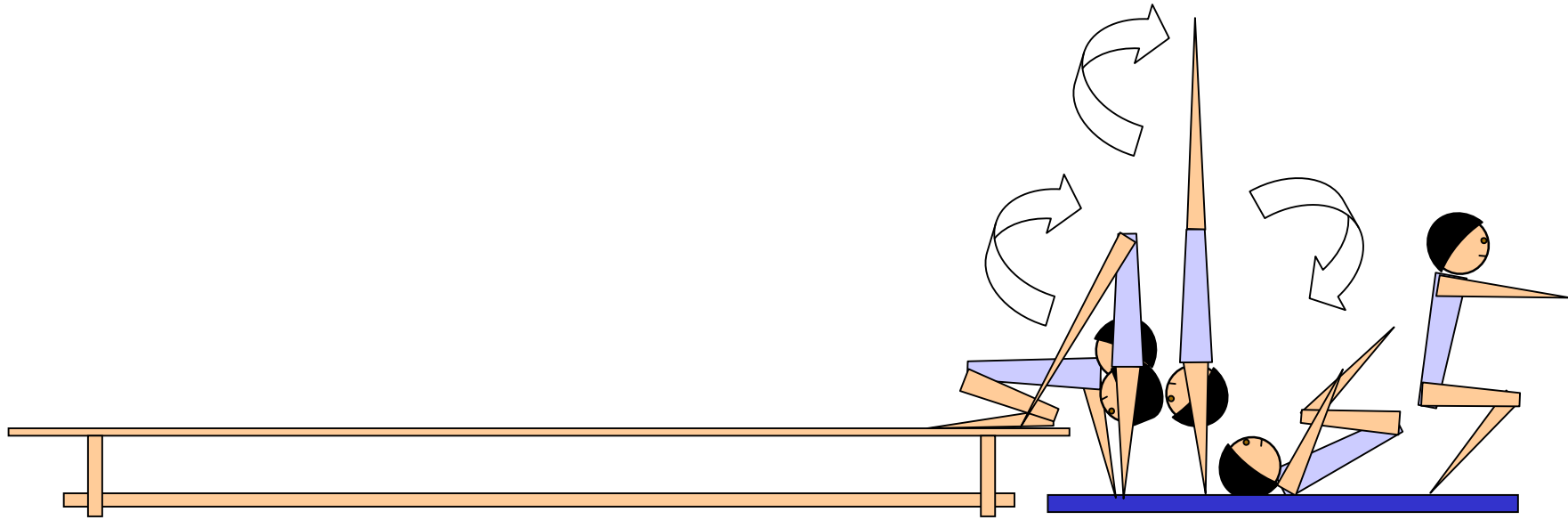
Préparation appui renversé de force

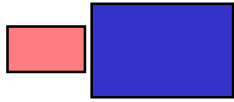




# Banc

Appui renversé de force

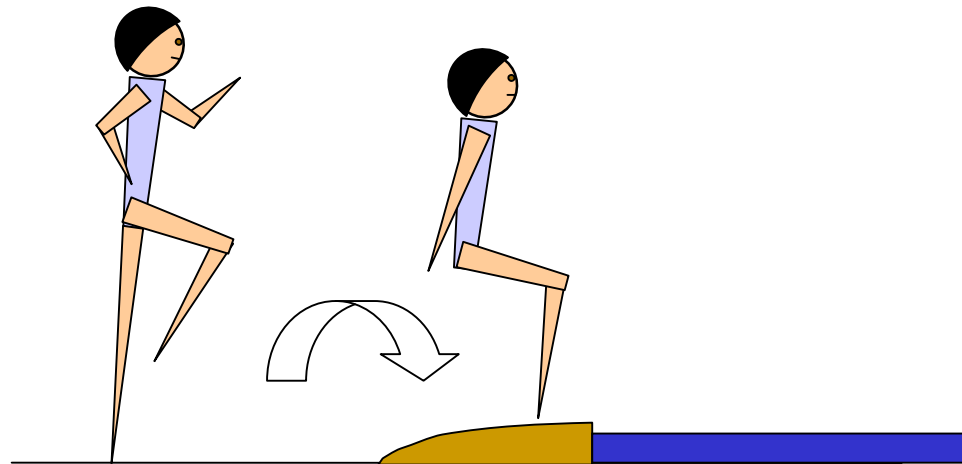


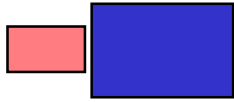


## Tremplin + tapis 5cm

12

3 pas et saut des 2 pieds simultanés sur le tremplin

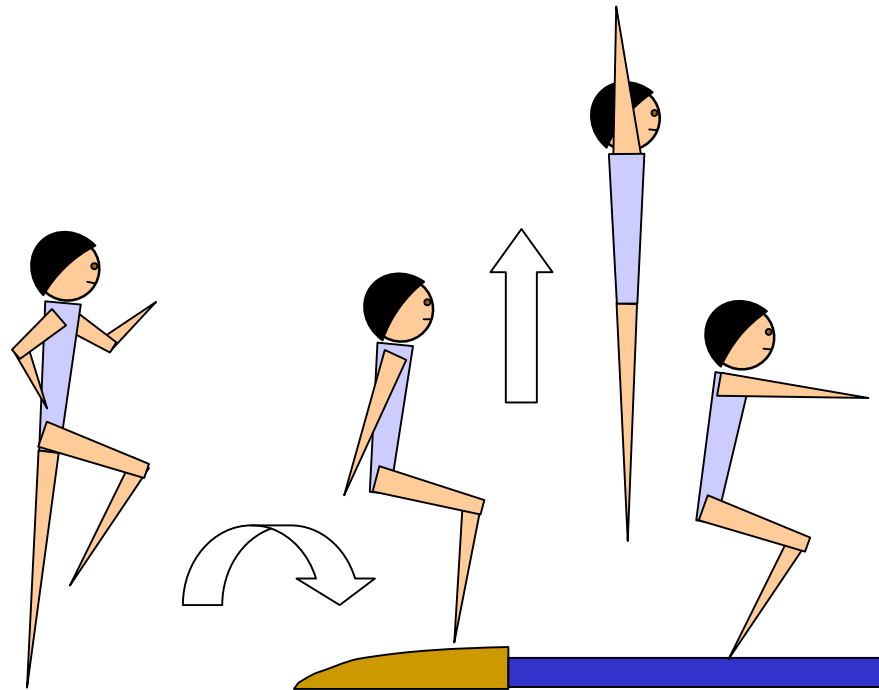


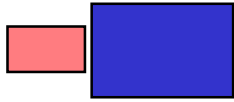


# Tremplin + tapis 5cm

12

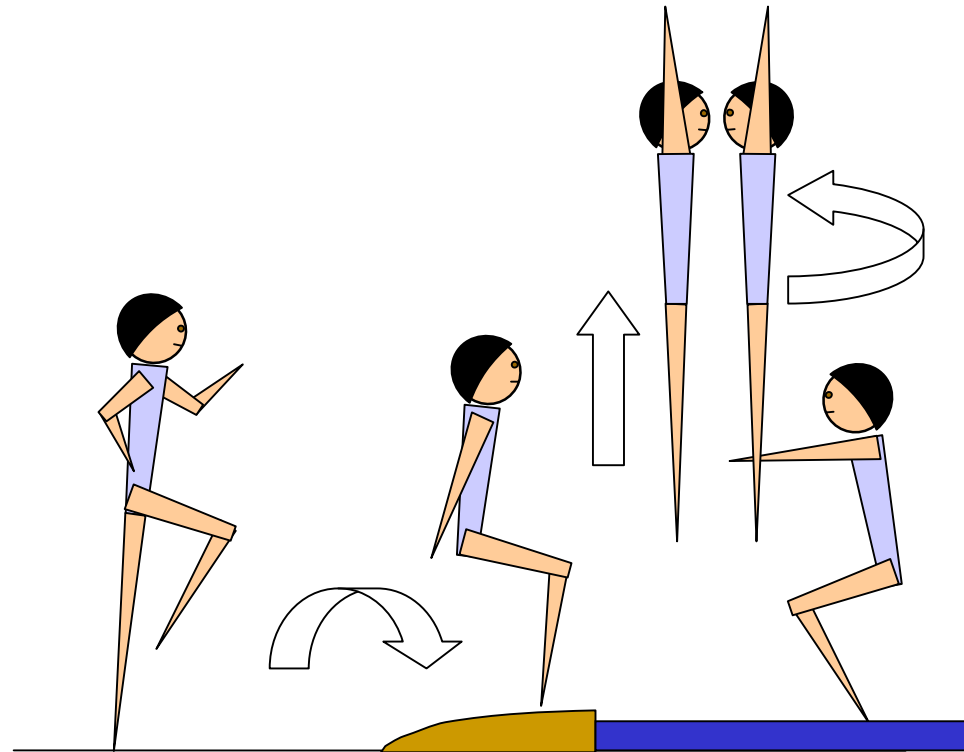
Saut extension - Station





# Tremplin + tapis 5cm

Saut extension 1/2 tour - Station

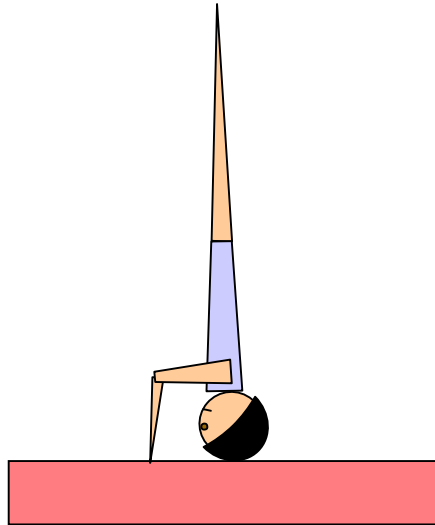




**Tapis 15cm**

13

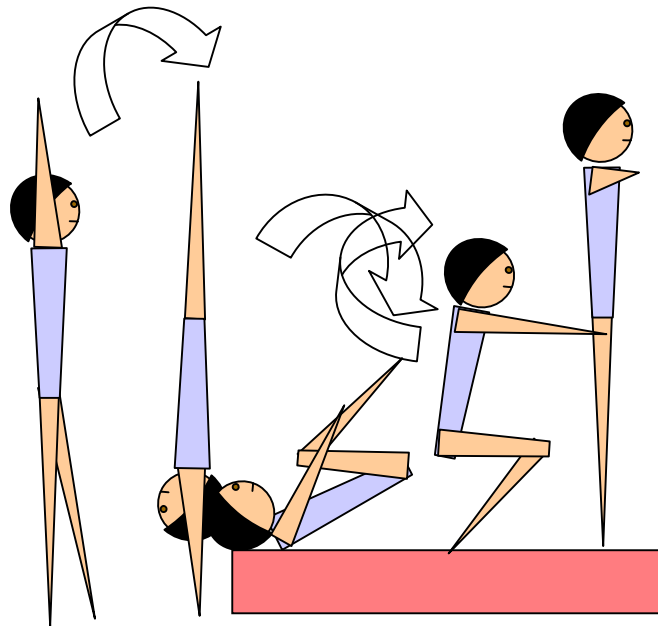
Bougie





# Tapis 15cm

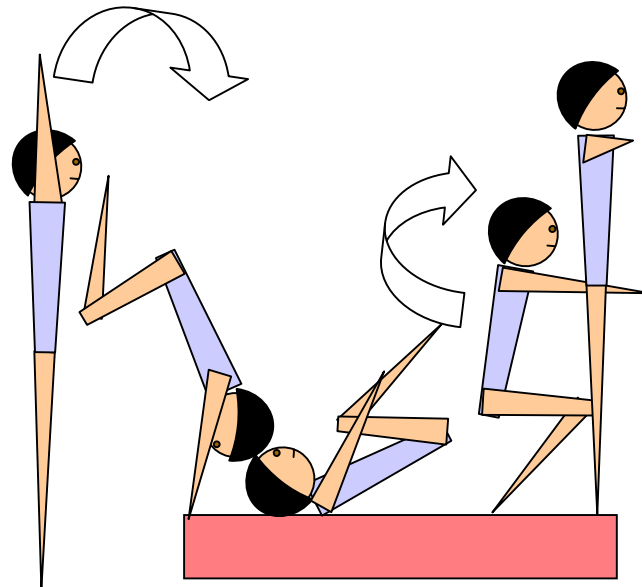
Appui renversé (mains devant le tapis)





# Tapis 15cm

De la station - Saut rouler

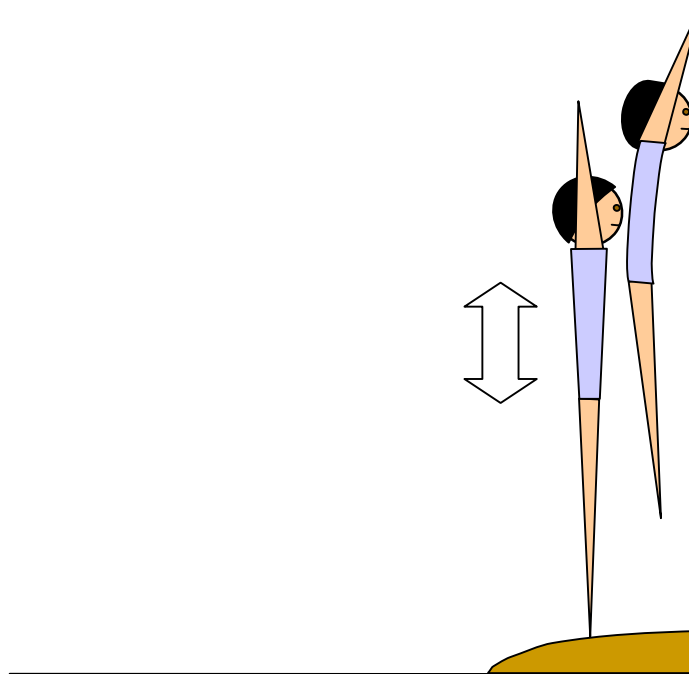




## Tremplin contre le mur

14

Saut en extension en touchant le mur le plus haut possible

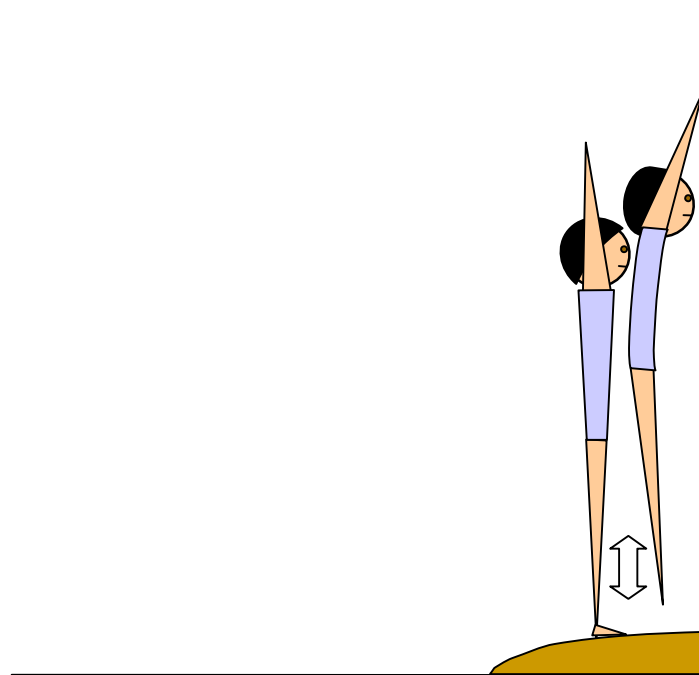




## Tremplin contre le mur

14

Saut en extension en ne poussant qu'avec la pointe des pieds

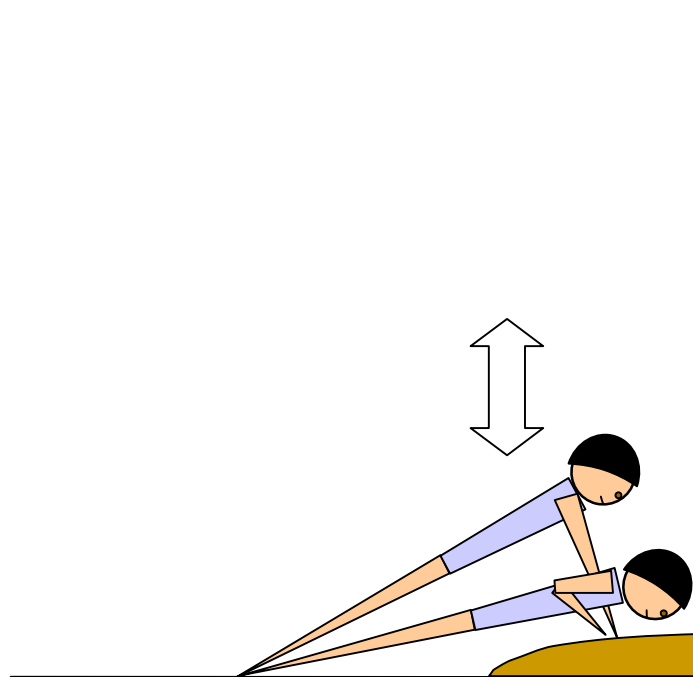


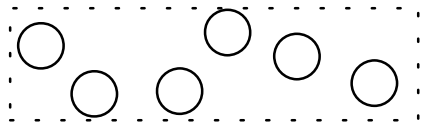


## Tremplin contre le mur

14

Appui facial mains sur le tremplin - Appuis faciaux

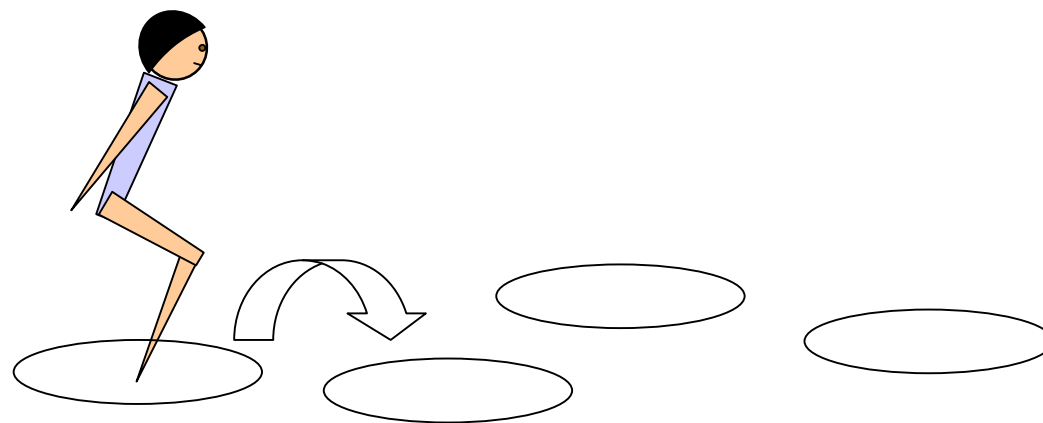


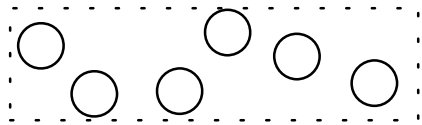


# Cerceaux

15

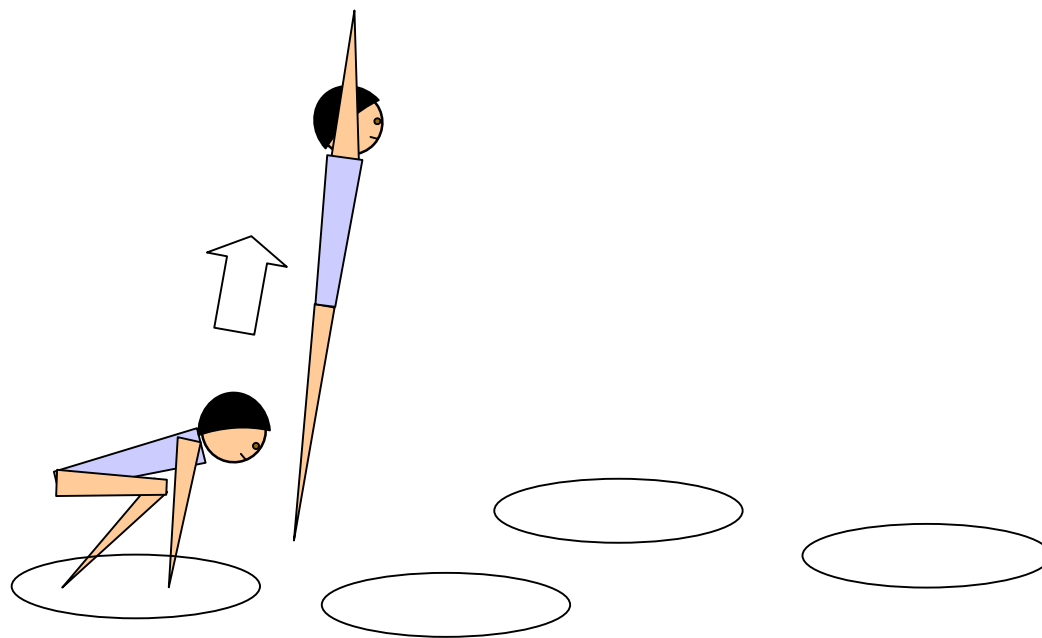
Sauts à pieds joints

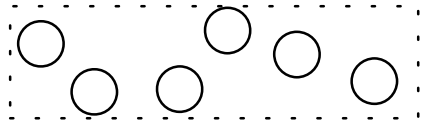




# Cerceaux

Sauts de grenouille

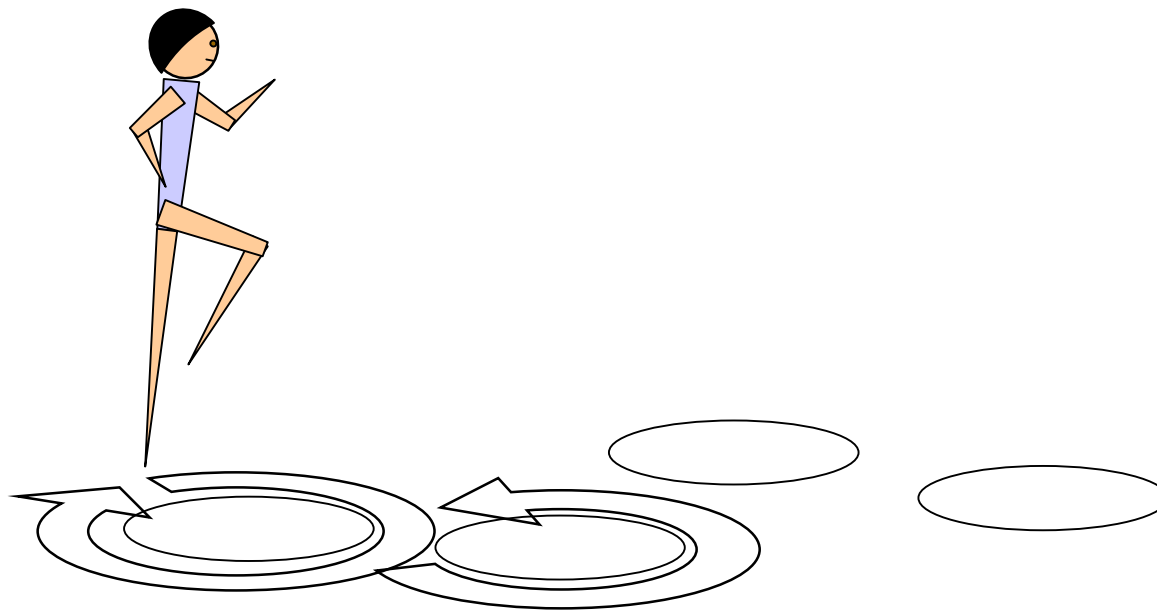


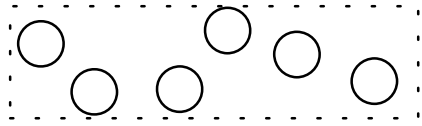


# Cerceaux

15

Course avec un tour autour de chaque cerceau

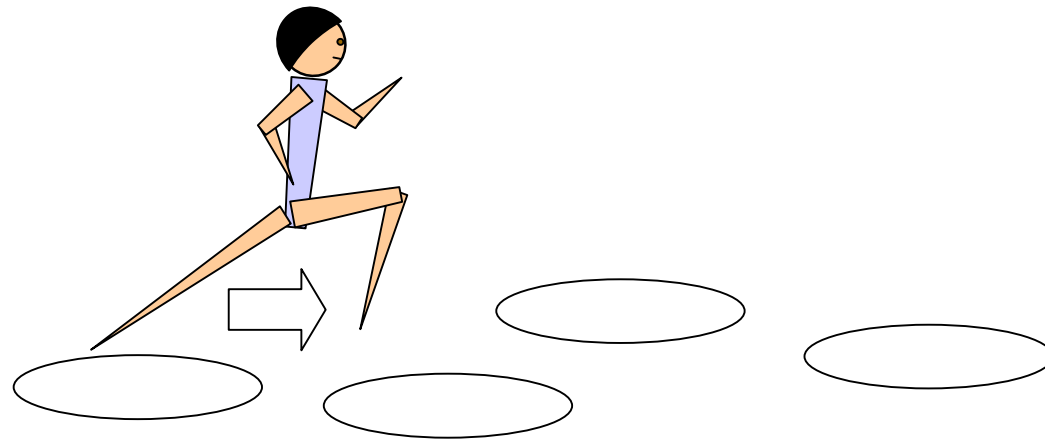


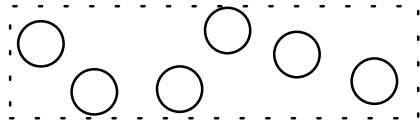


# Cerceaux

15

Course

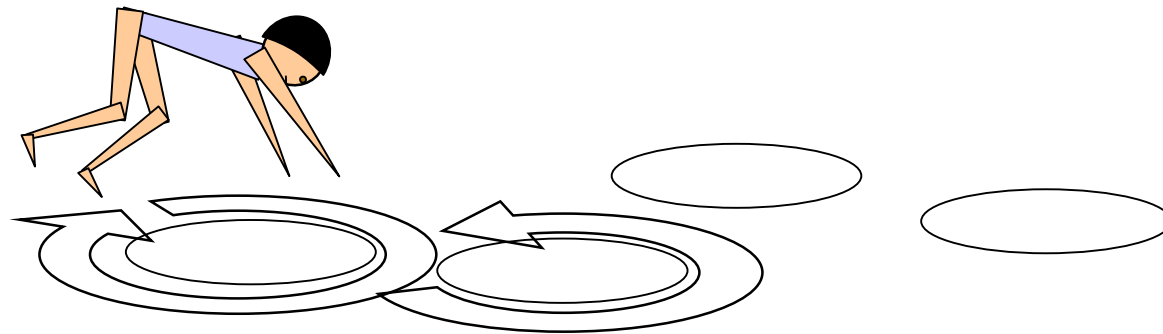


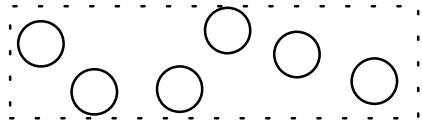


# Cerceaux

15

Course à quatre pattes avec un tour autour de chaque cerceau

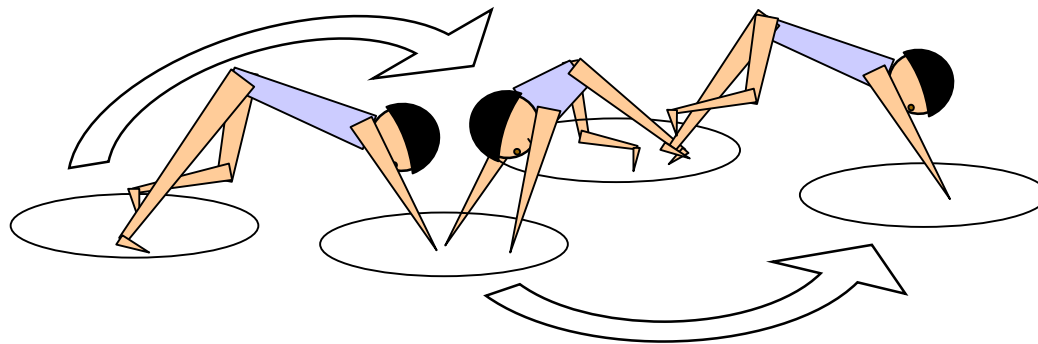


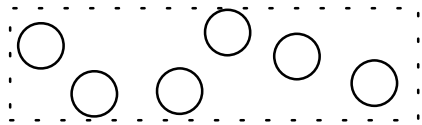


## Cerceaux

15

Pieds dans 1er cerceau / mains dans 2ème - Passer avec les pieds dans le 3ème - Passer des mains ....

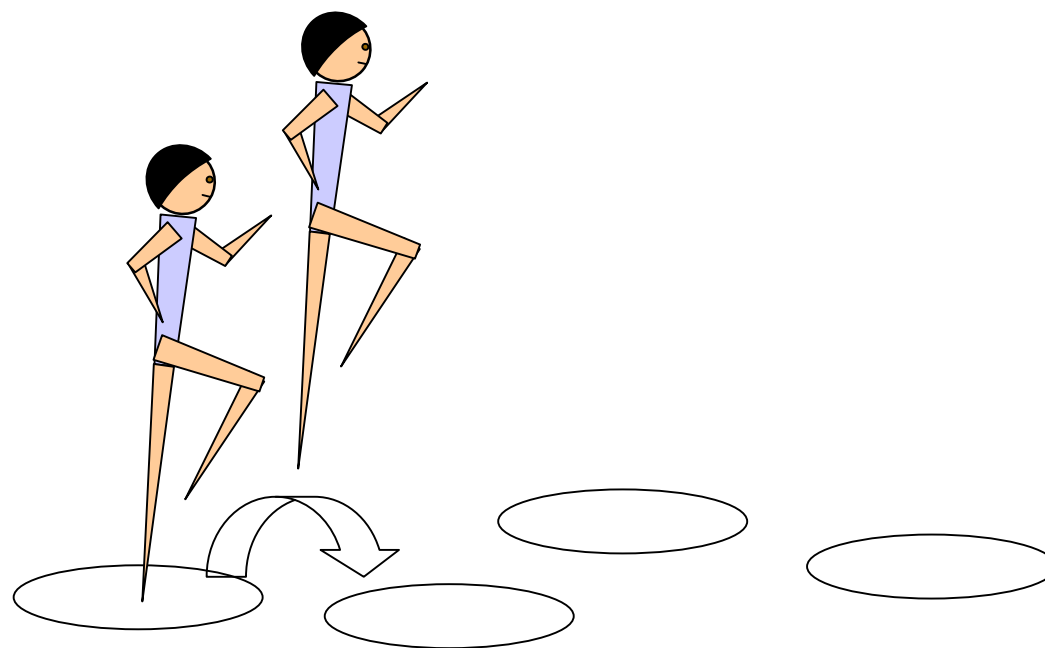




# Cerceaux

15

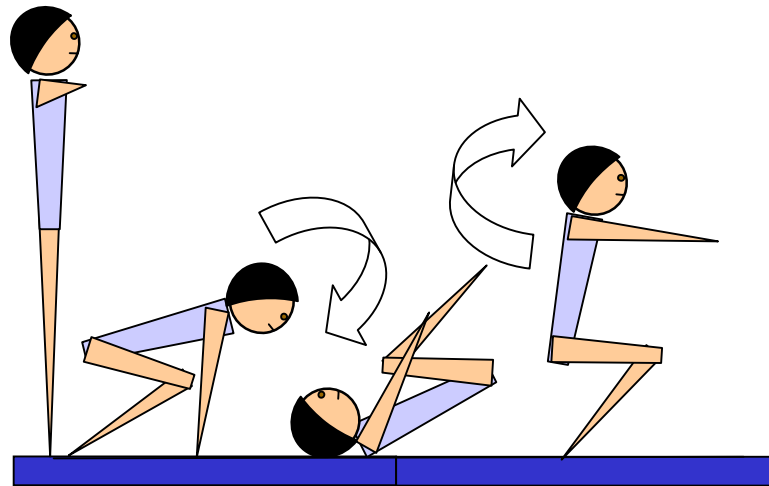
Saut sur un pied





# Sol

Station - rouler - Station

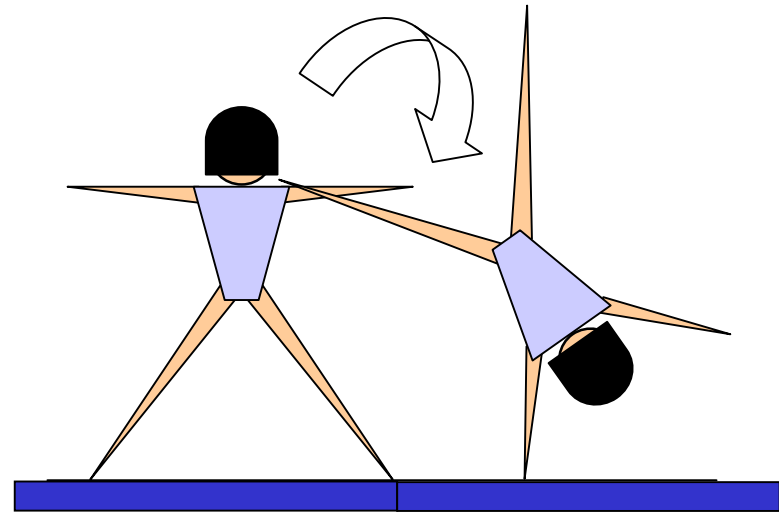
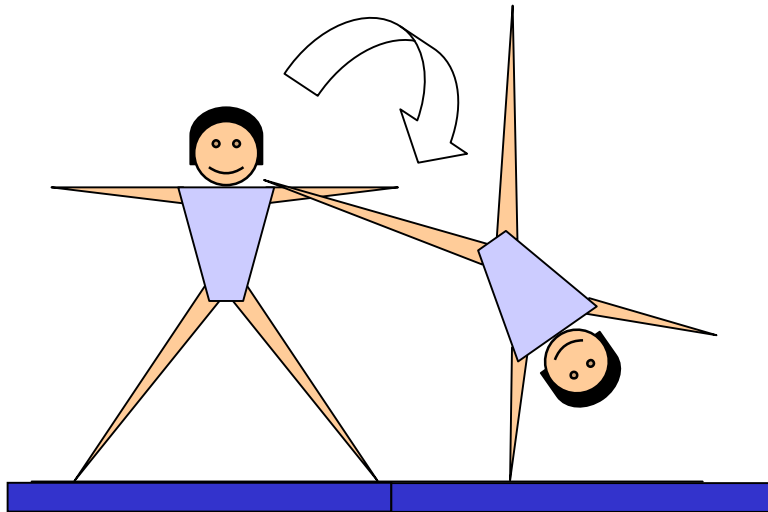




Sol

16

Roue (gauche + droite)

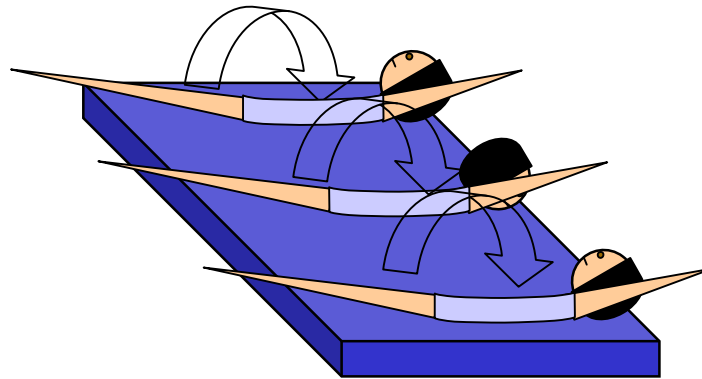


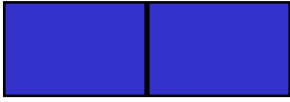


# Sol

16

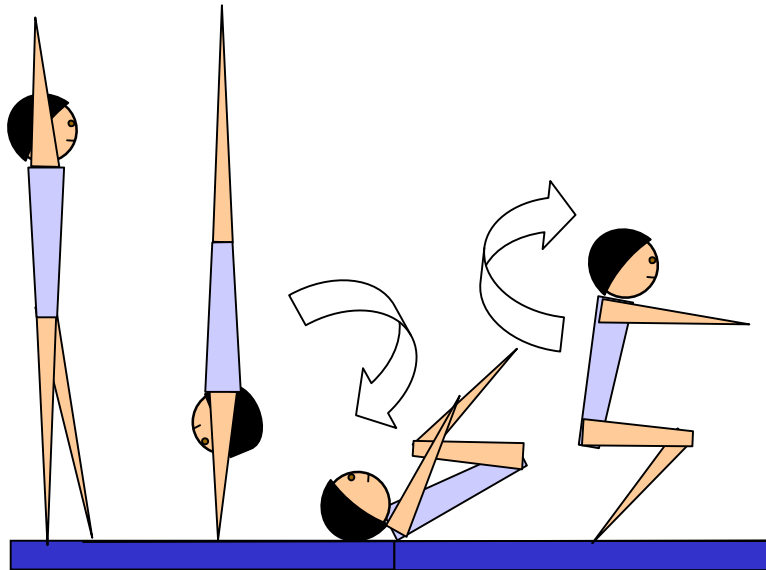
Rouler sur le côté (bras en haut) - Sans poser pieds et mains





# Sol

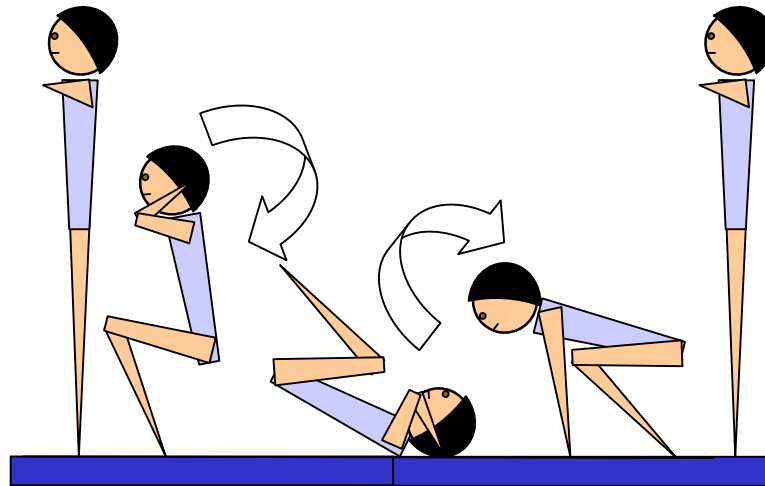
## Appui renversé

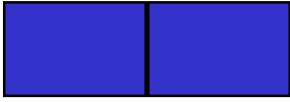




# Sol

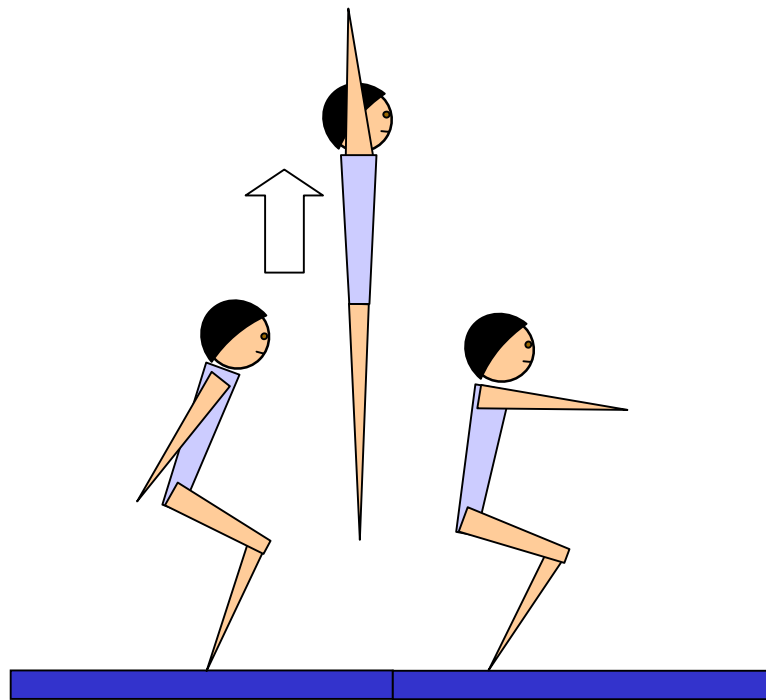
Rouler arrière





# Sol

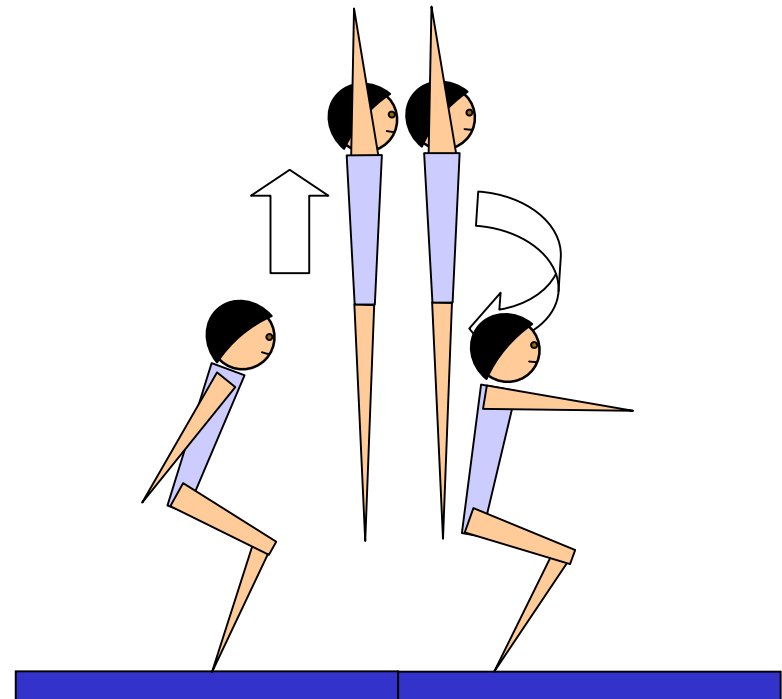
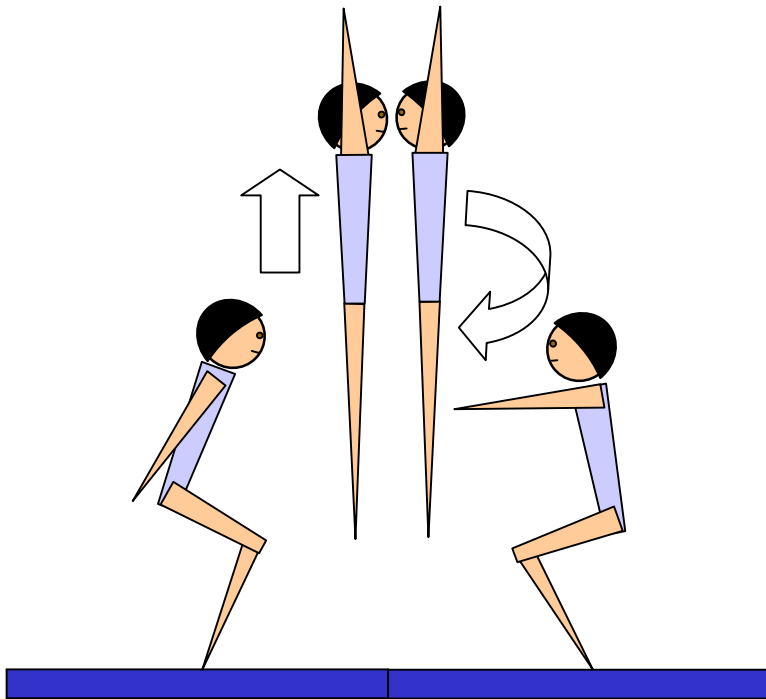
## Saut extension - Station





# Sol

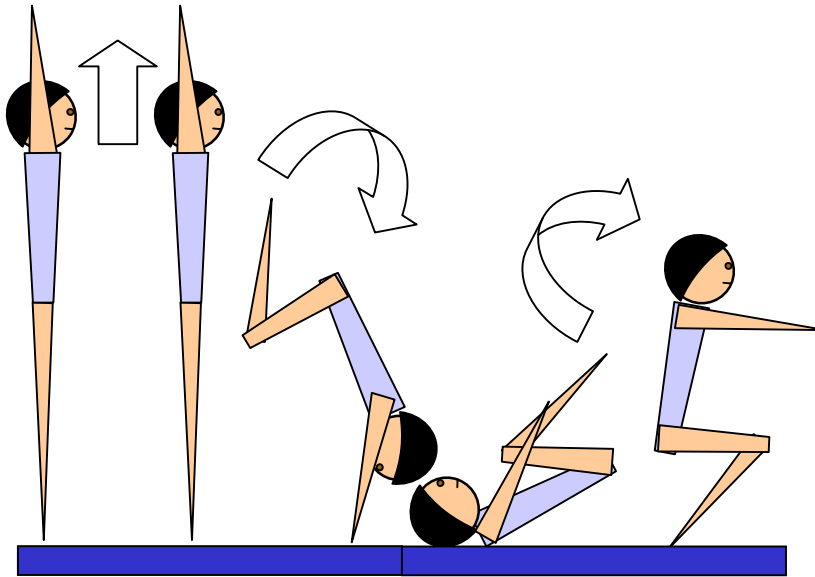
## Saut 1/2 (1/1) tour - Station

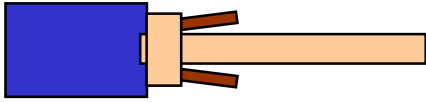




# Sol

## Sautiller - Saut roulé

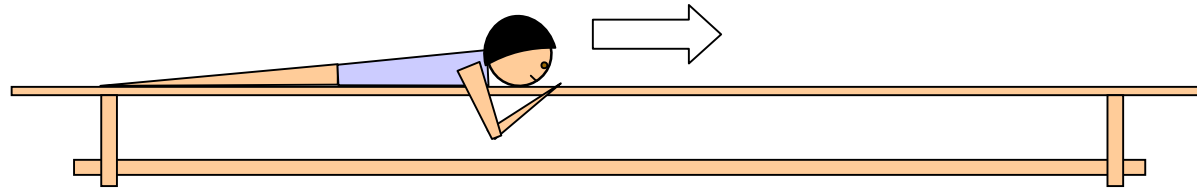


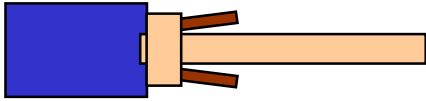


## Banc + Mouton

17

Se tirer à plat ventre

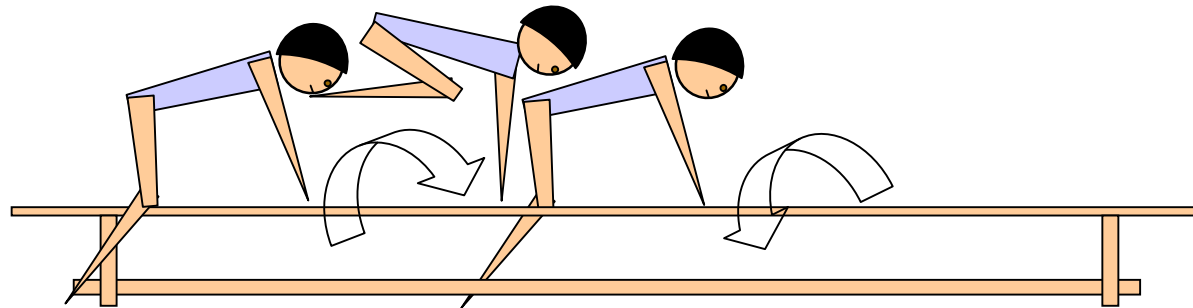


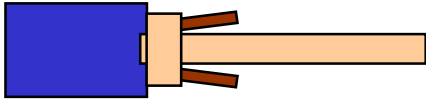


## Banc + Mouton

17

Mains sur le banc - Saut avec les pieds (joints) de part et d'autre

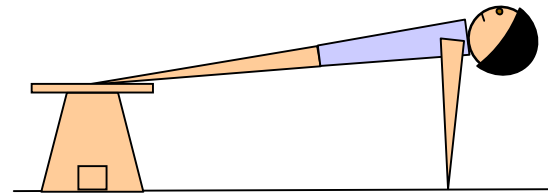
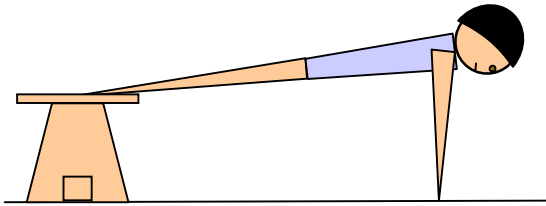


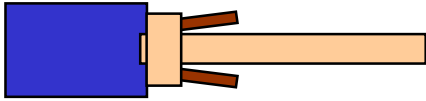


## Banc + Mouton

17

Position faciale / dorsale

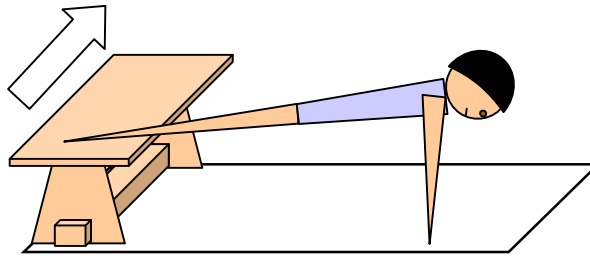


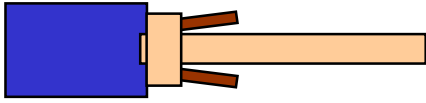


## Banc + Mouton

17

Pieds sur la banc, mains à terre - Marcher latéralement

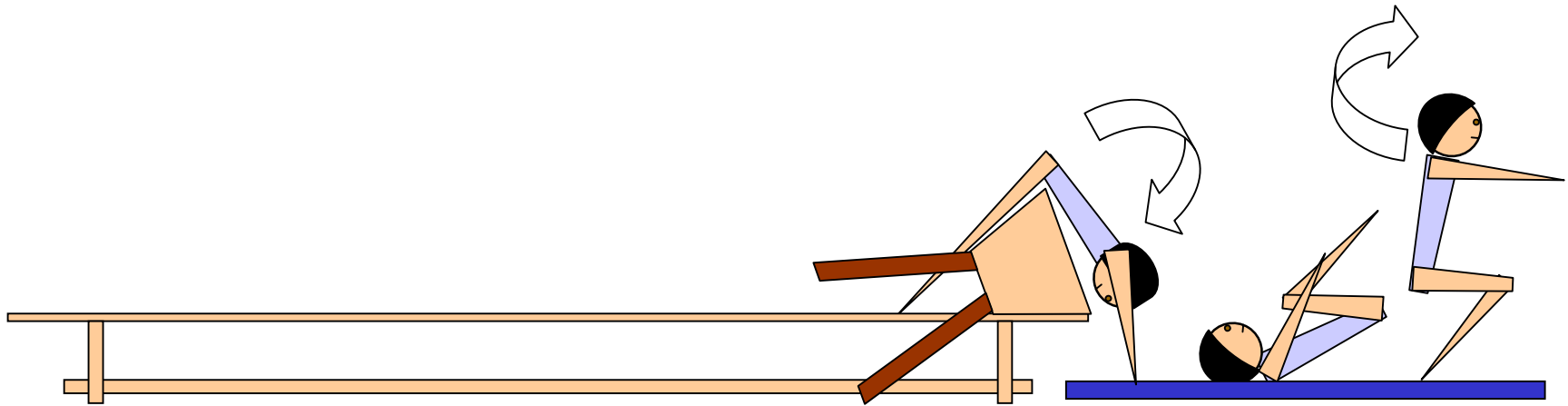


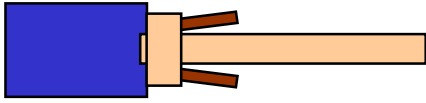


# Banc + Mouton

17

Rouler avant

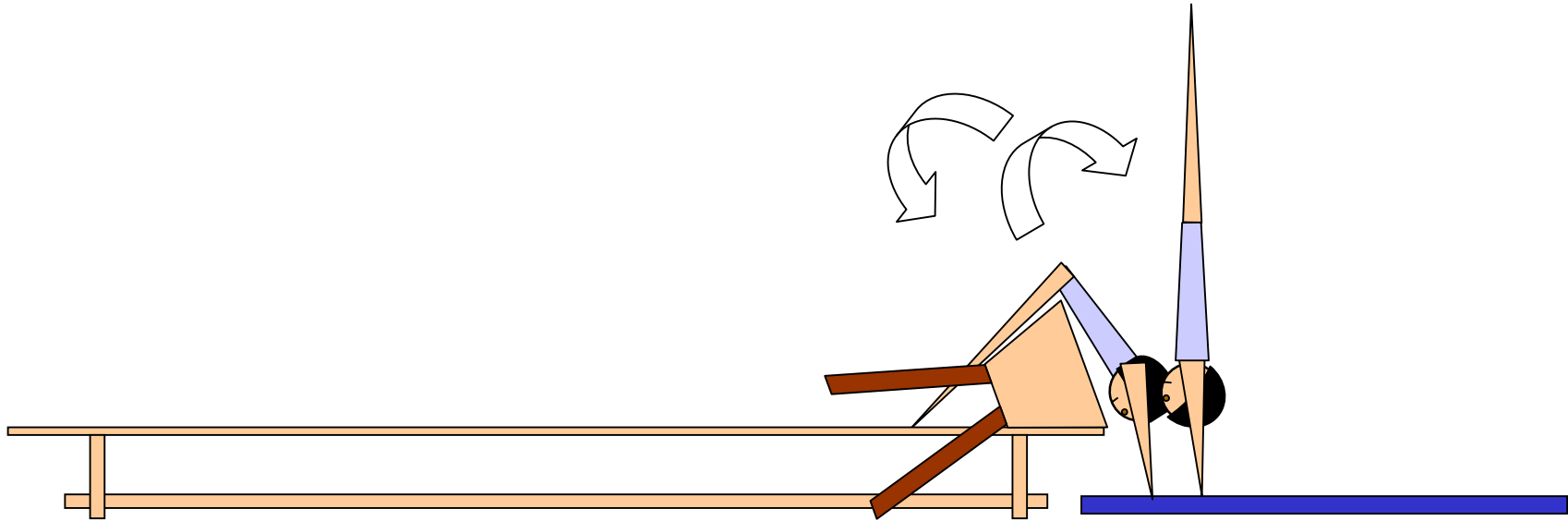


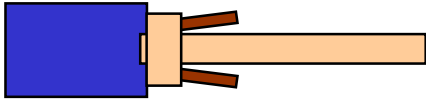


## Banc + Mouton

17

Elancer à l'appui renversé

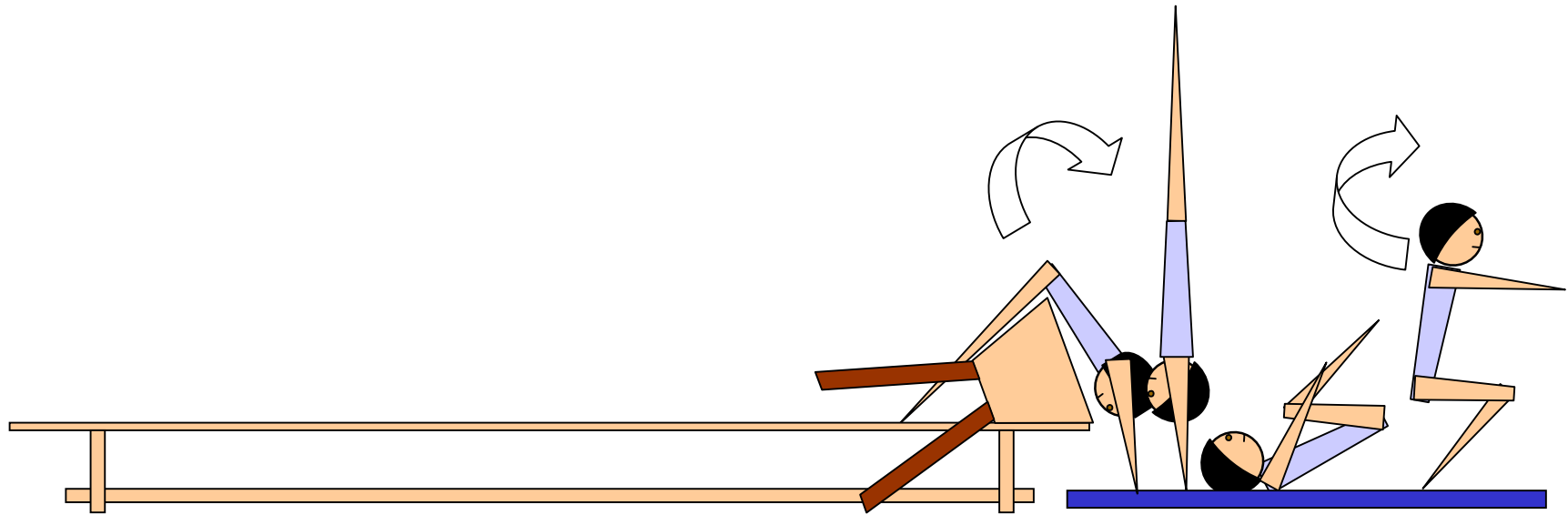


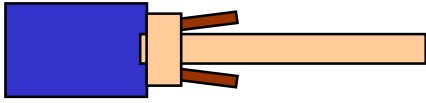


# Banc + Mouton

17

Appui renversé - Rouler

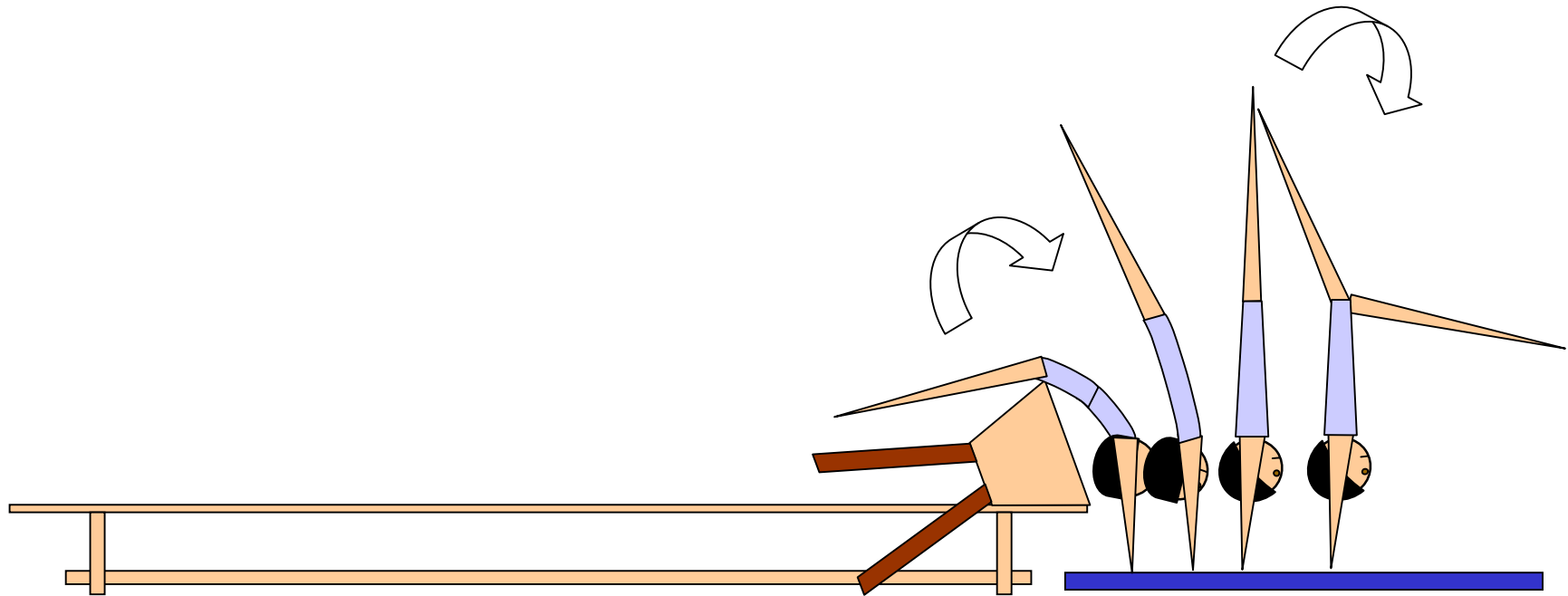




## Banc + Mouton

17

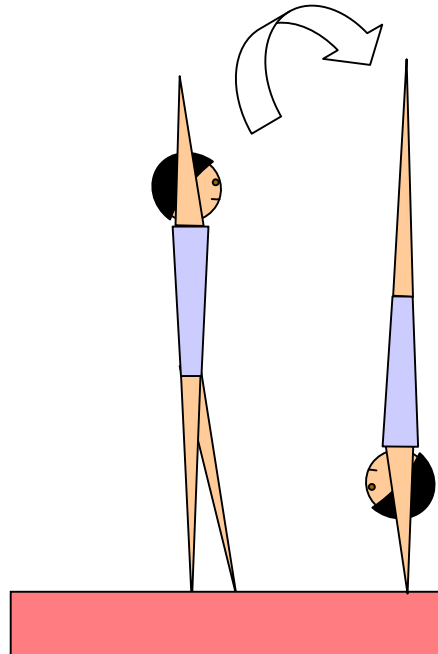
Souplesse arrière





# Tapis 15cm contre mur

Appui renversé

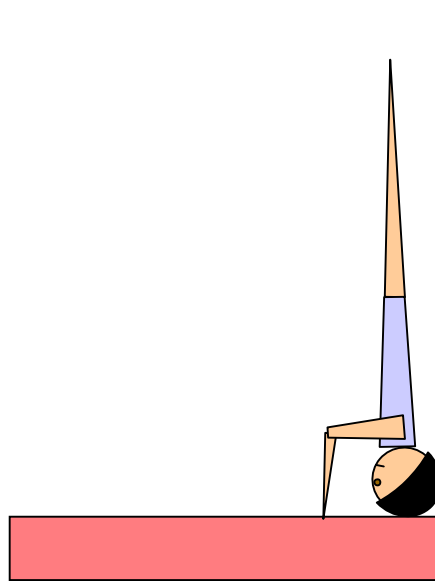




# Tapis 15cm contre mur

18

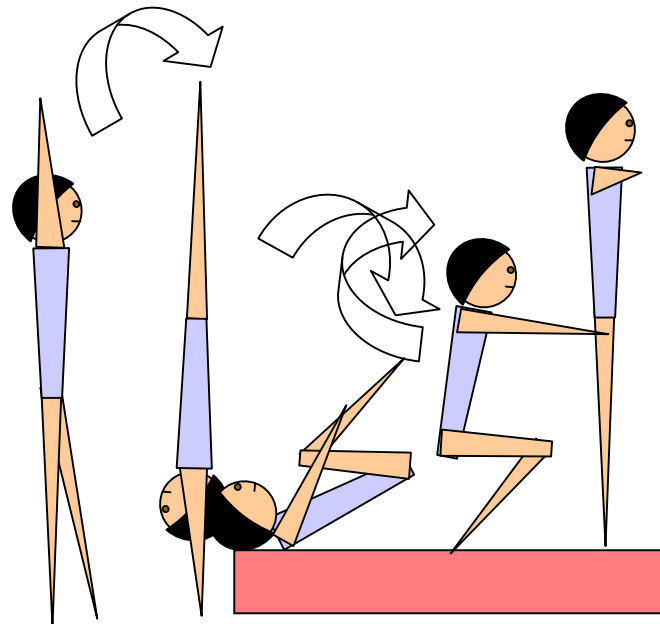
Bougie





# Tapis 15cm contre mur

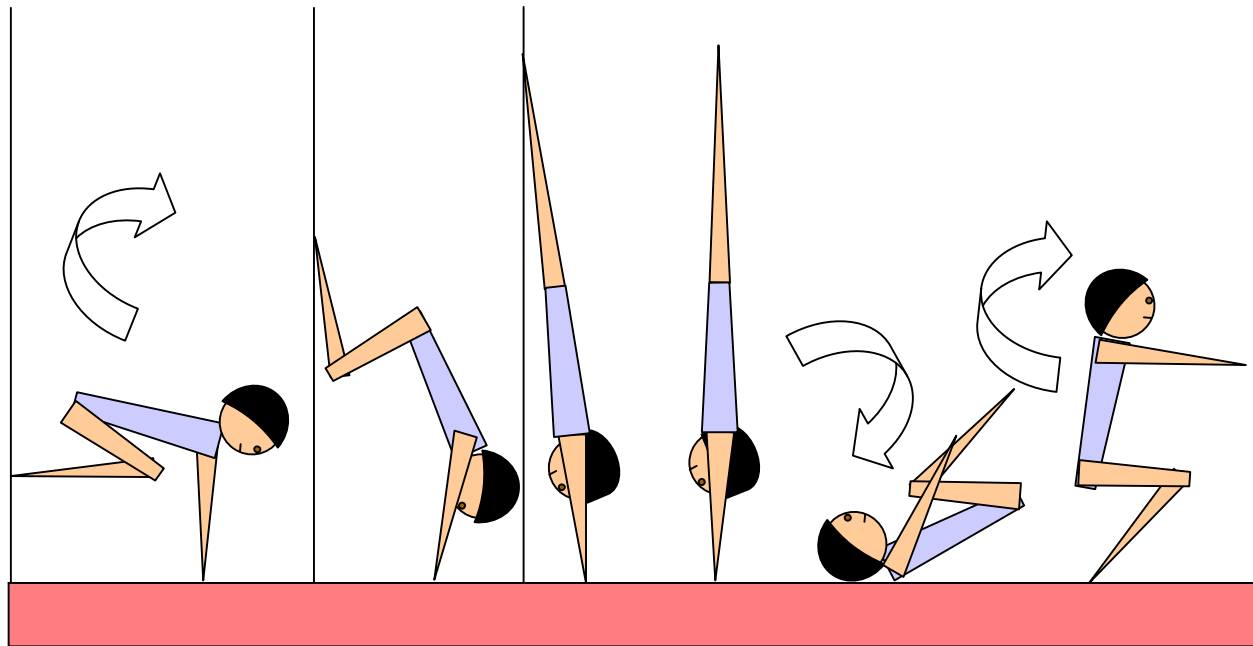
Appui renversé - Rouler





# Tapis 15cm contre mur

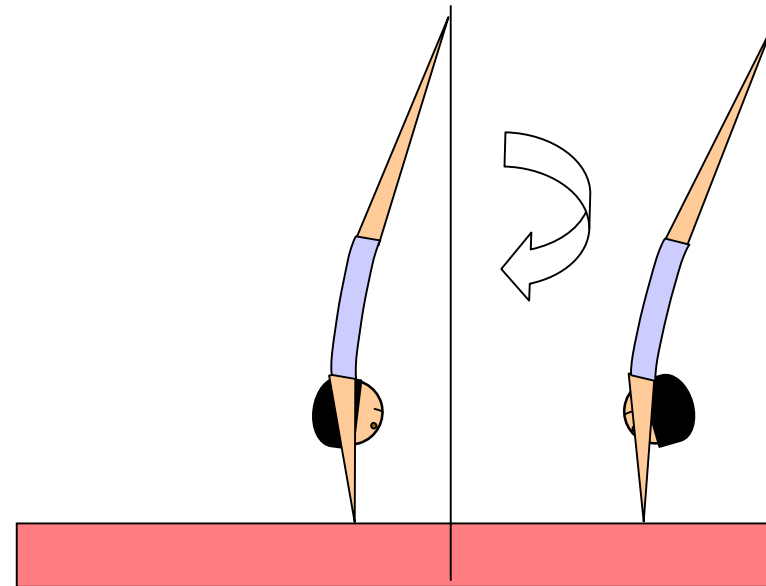
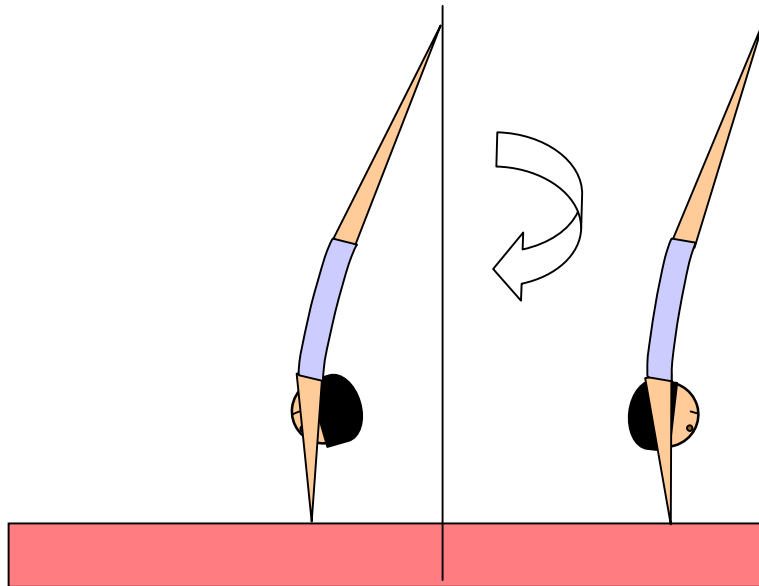
Appui renversé - Rouler

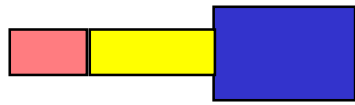




# Tapis 15cm contre mur

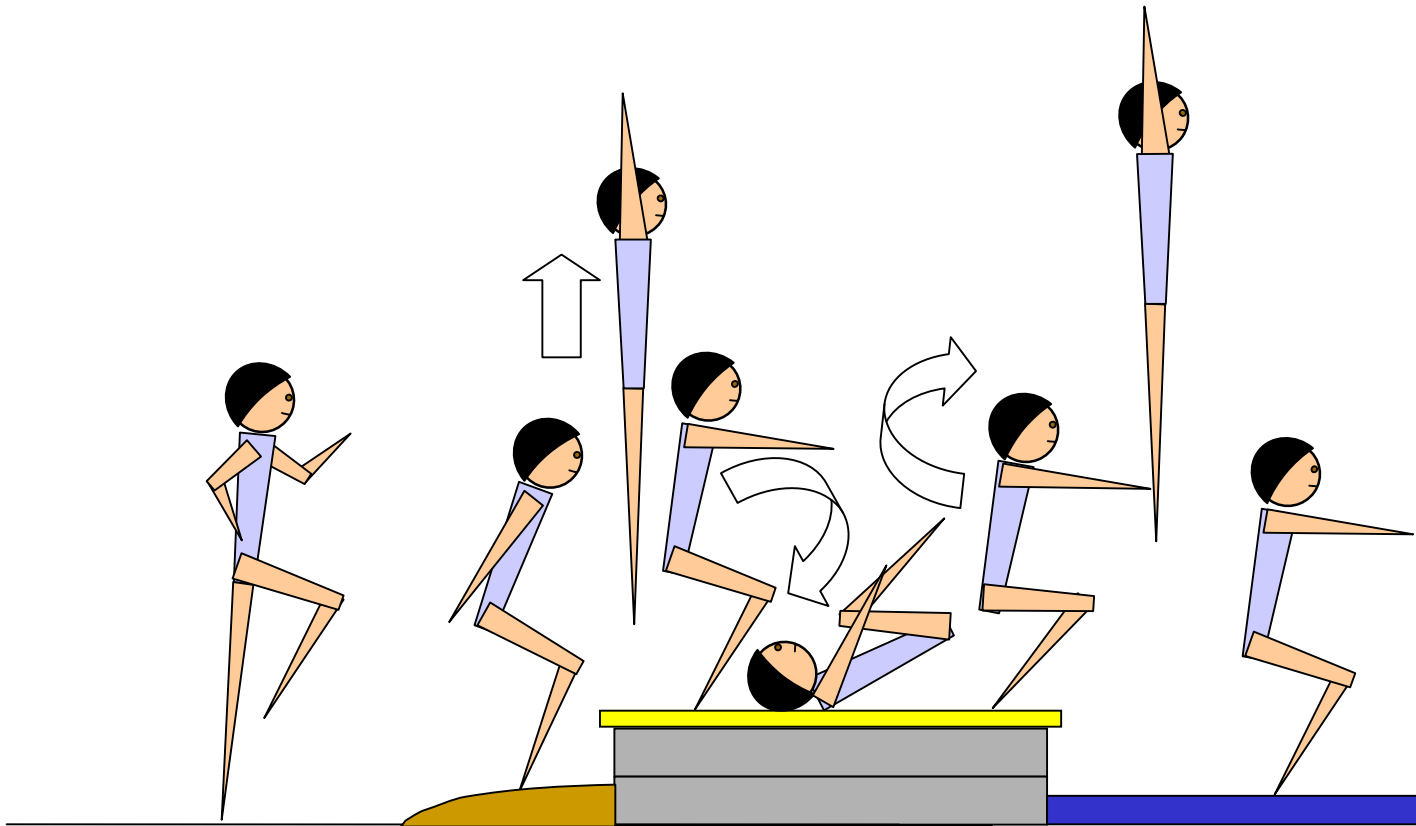
Appui renversé - 1/2 tour

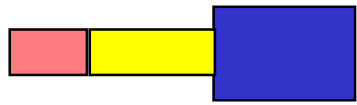




# Tremplin + Caisson (1-3 éléments) + Tapis

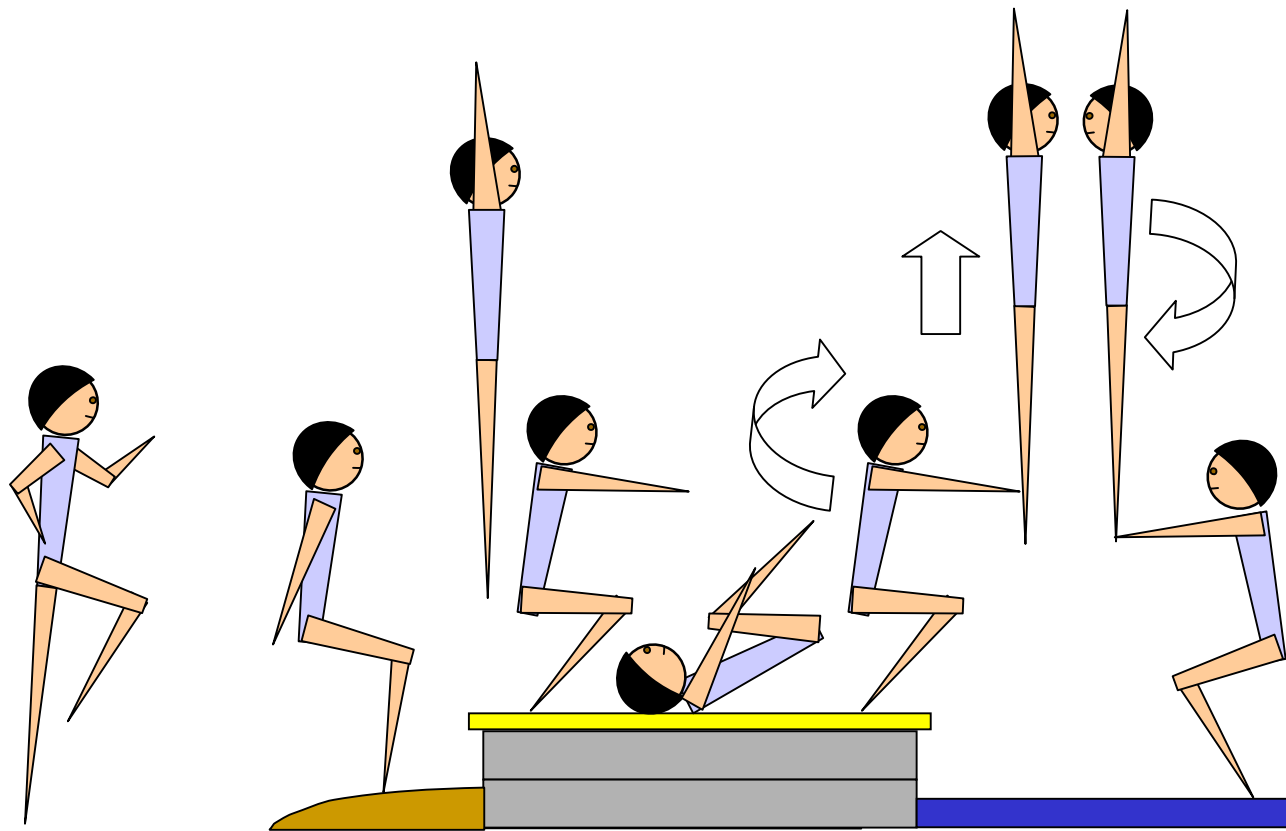
Saut extension - Rouler sur le caisson - Saut extension - Station

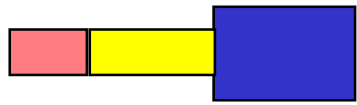




# Tremplin + Caisson (1-3 éléments) + Tapis

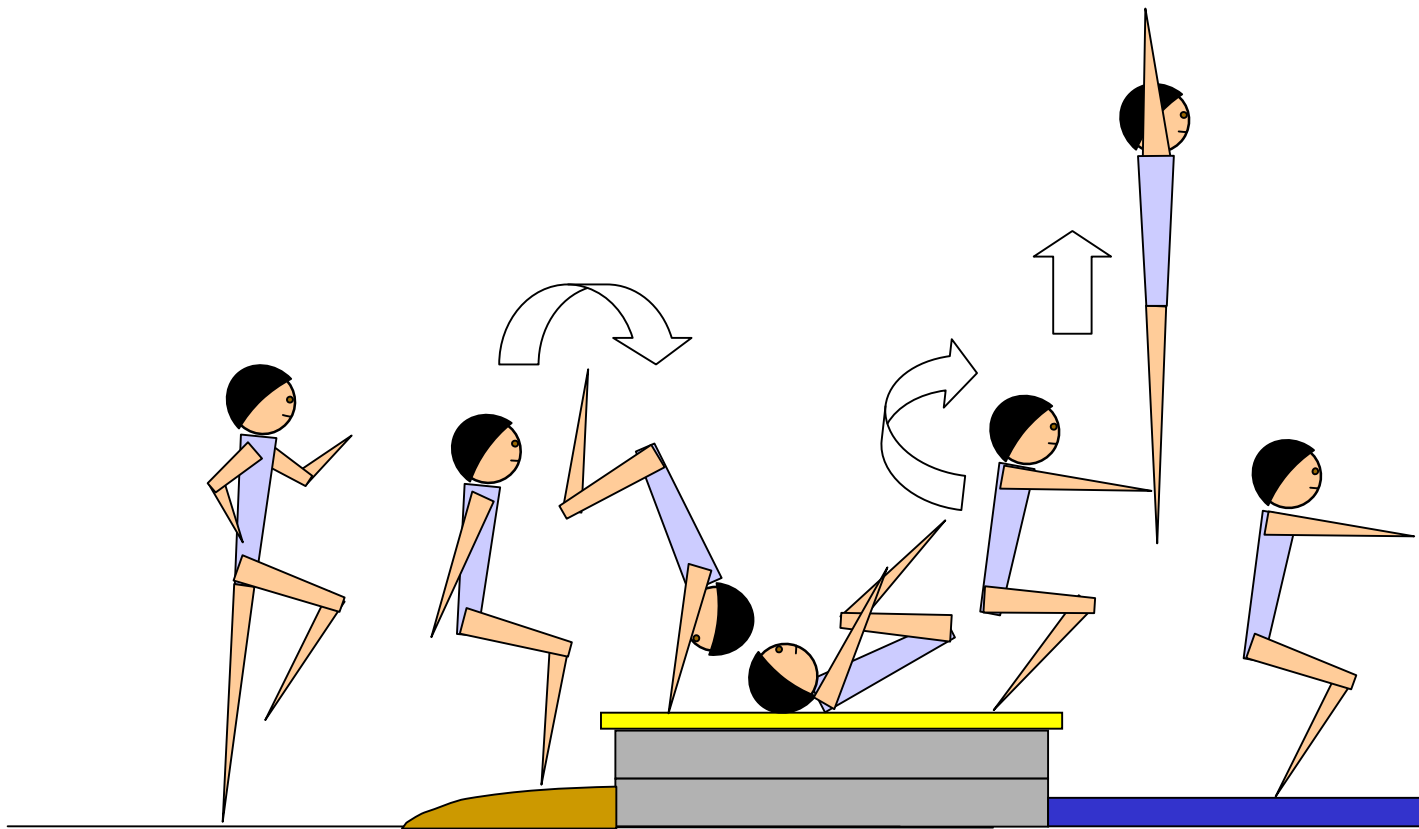
Saut extension - Rouler sur le caisson - Saut extension 1/2 tour - Station

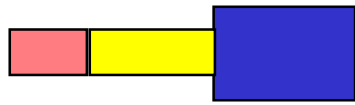




# Tremplin + Caisson (1-3 éléments) + Tapis

Saut rouler - Saut extension - Station

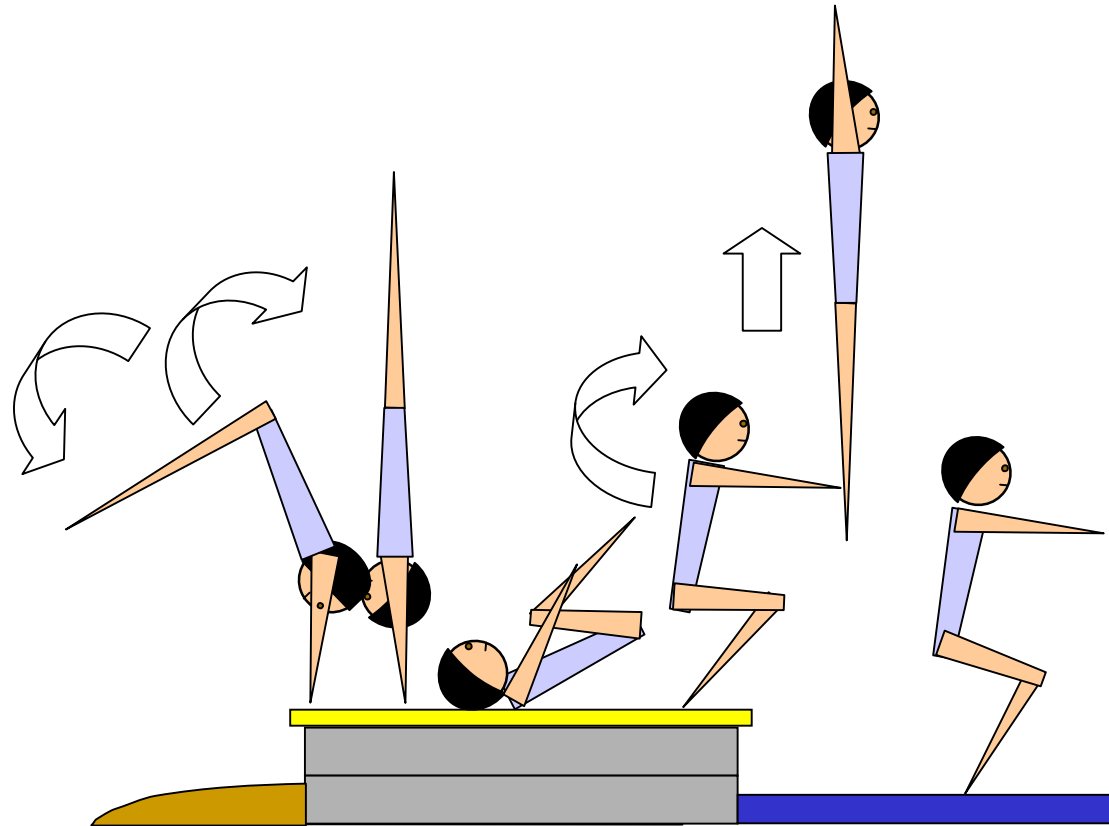


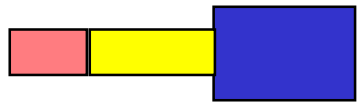


# Tremplin + Caisson (1-3 éléments) + Tapis

Mains sur le caisson - Saut sur le tremplin jusqu'à l'appui renversé - Rouler -

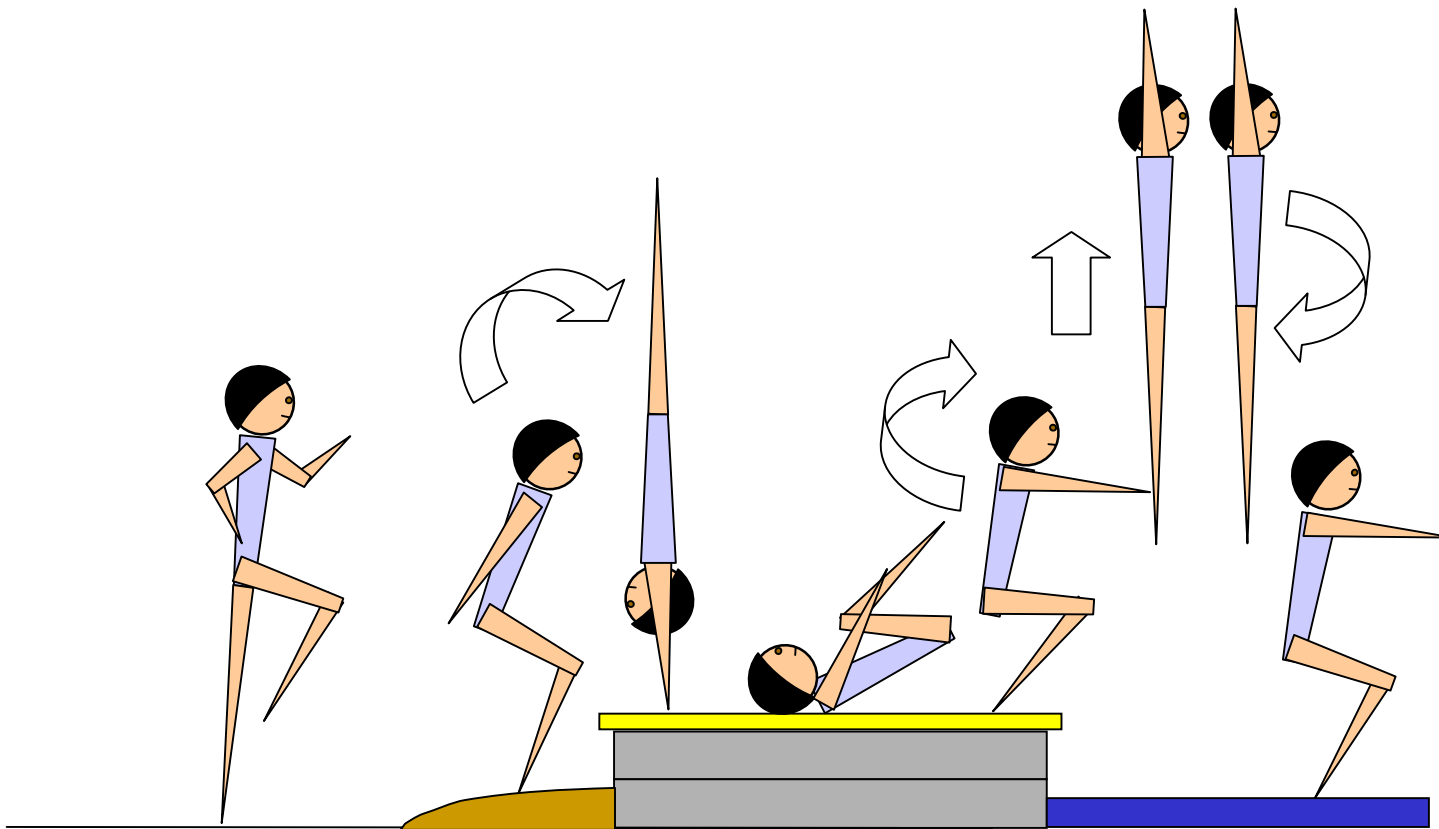
...

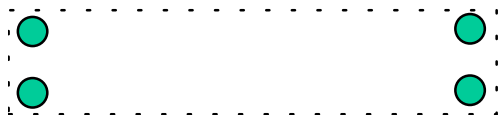




# Tremplin + Caisson (1-3 éléments) + Tapis

Saut à l'appui renversé - Rouler - ...

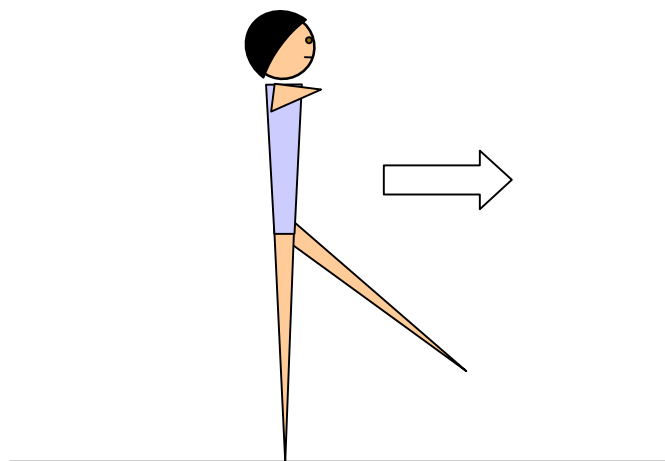




## Piste (poteaux ou ligne)

20

Marcher bras de côté en levant la jambe et tenant 3 secondes le pied en l'air

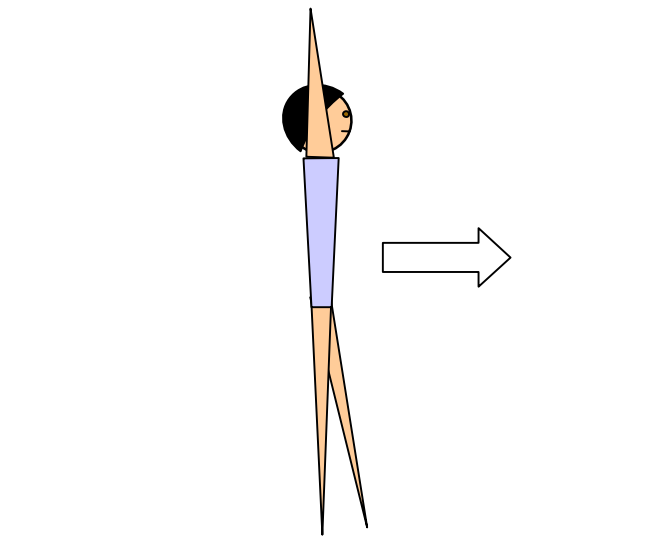




## Piste (poteaux ou ligne)

20

Marcher en extension sur la pointe des pieds

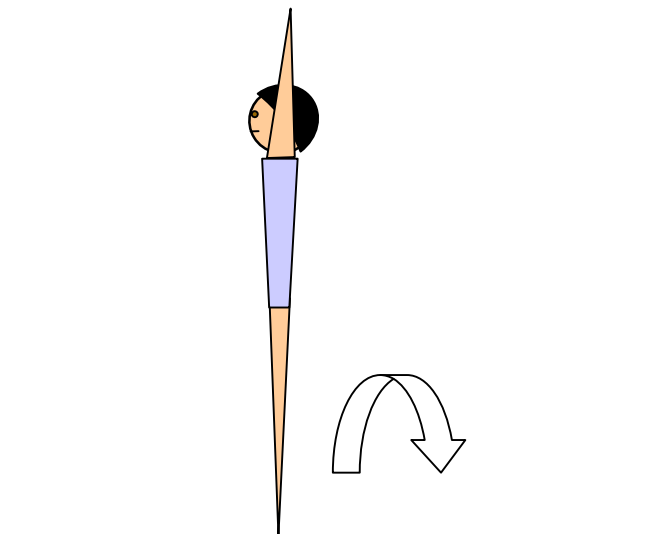




## Piste (poteaux ou ligne)

20

Sauts d'extension en arrière bras en haut

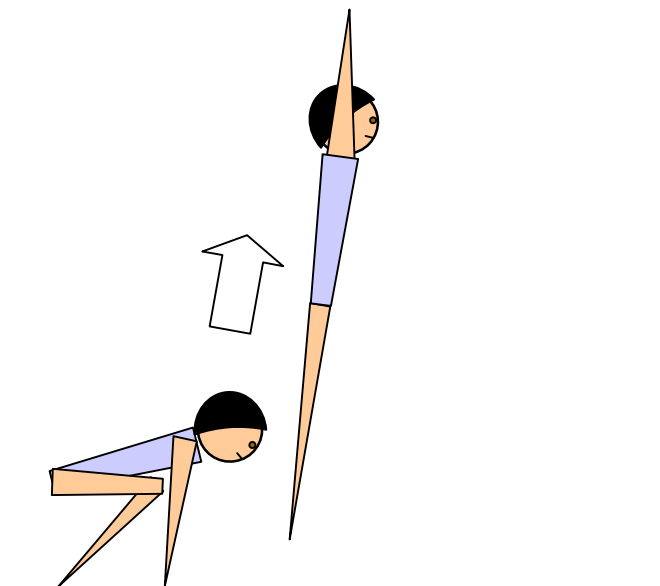




## Piste (poteaux ou ligne)

20

Sauts de grenouille

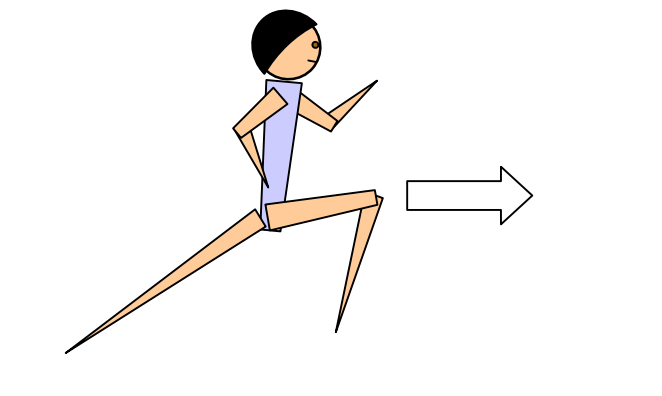


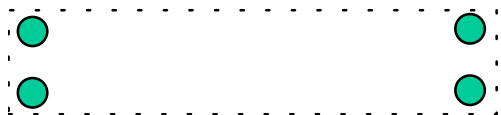


## Piste (poteaux ou ligne)

20

Course (sprint)

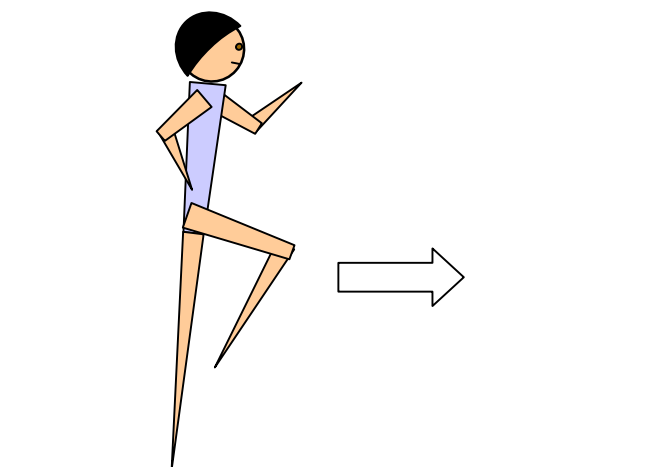




## Piste (poteaux ou ligne)

20

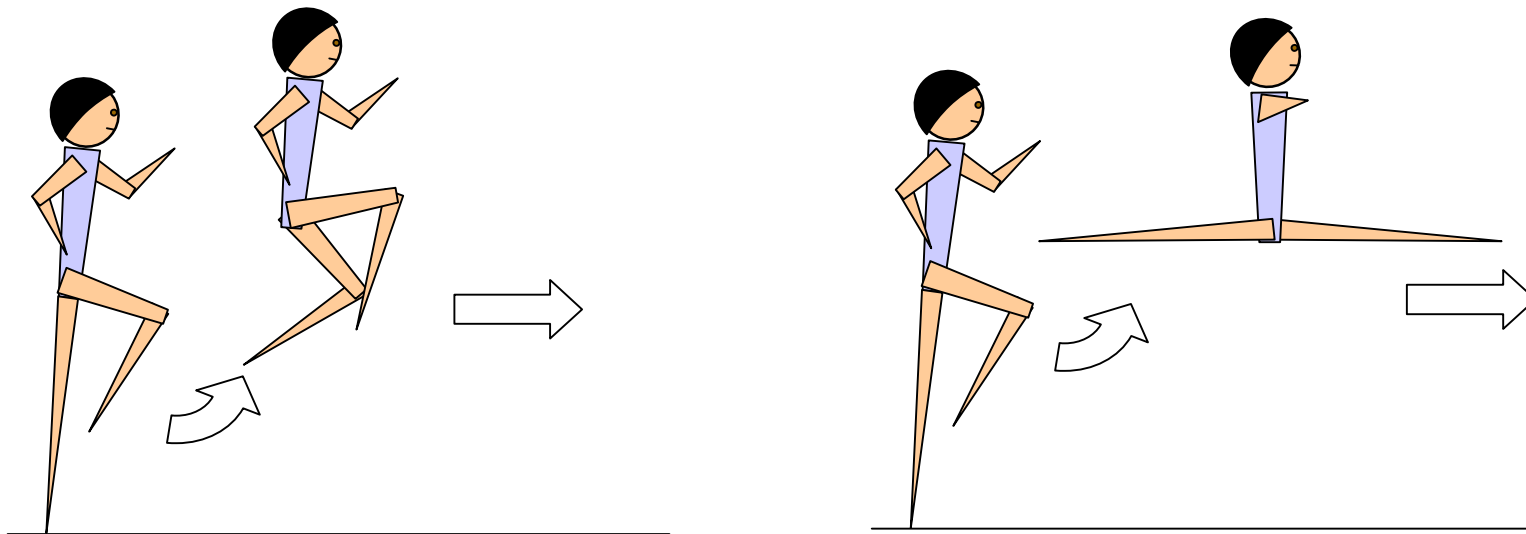
Course coordonnée mouvement des jambes et des bras





# Piste (poteaux ou ligne)

Saut de galop / écart / ...

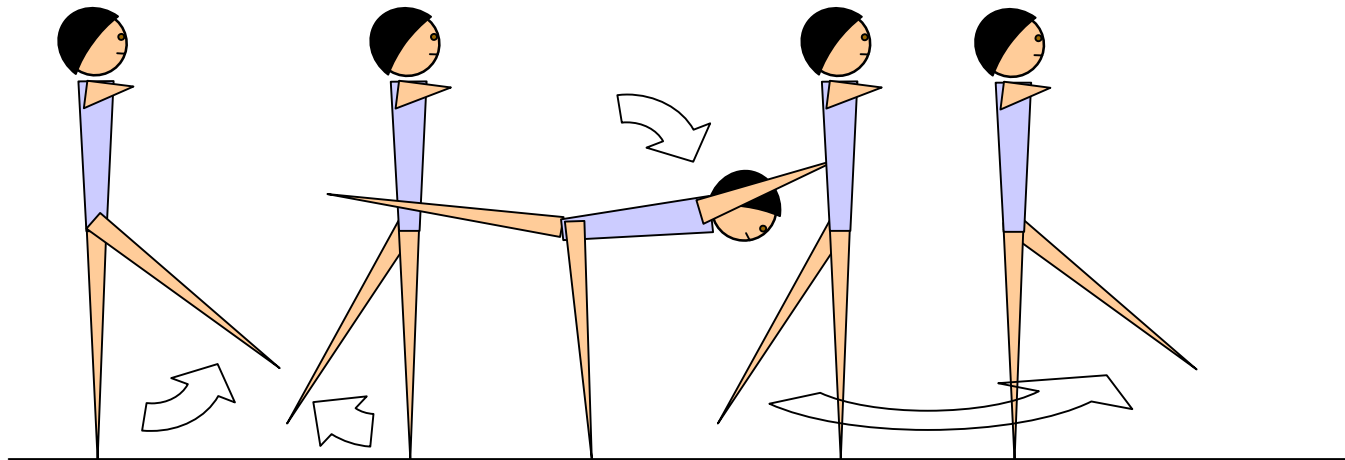


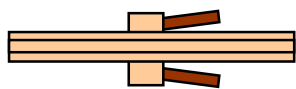


## Piste (poteaux ou ligne)

20

Elancer jambe en avant - tenir - élaner en arrière - arabesque - balance - arabesque - ...

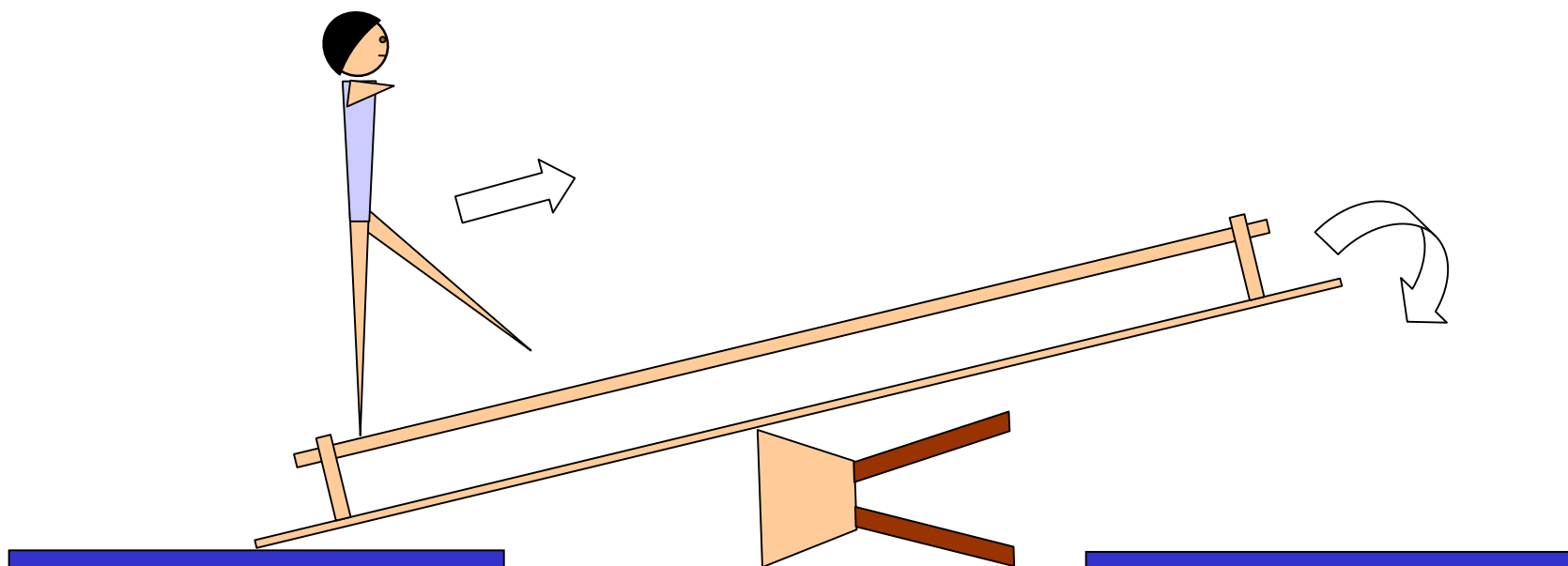


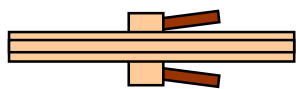


# Banc / Balançoire

21

Traverser en avant

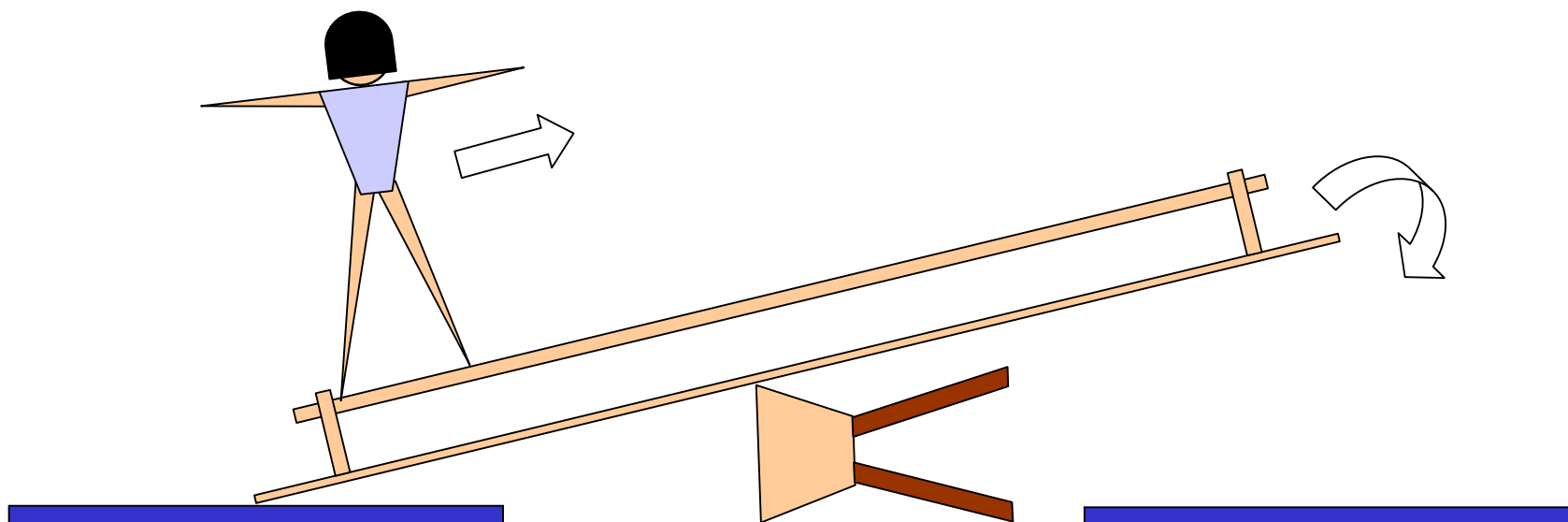


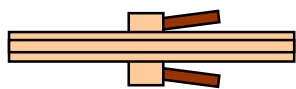


# Banc / Balançoire

21

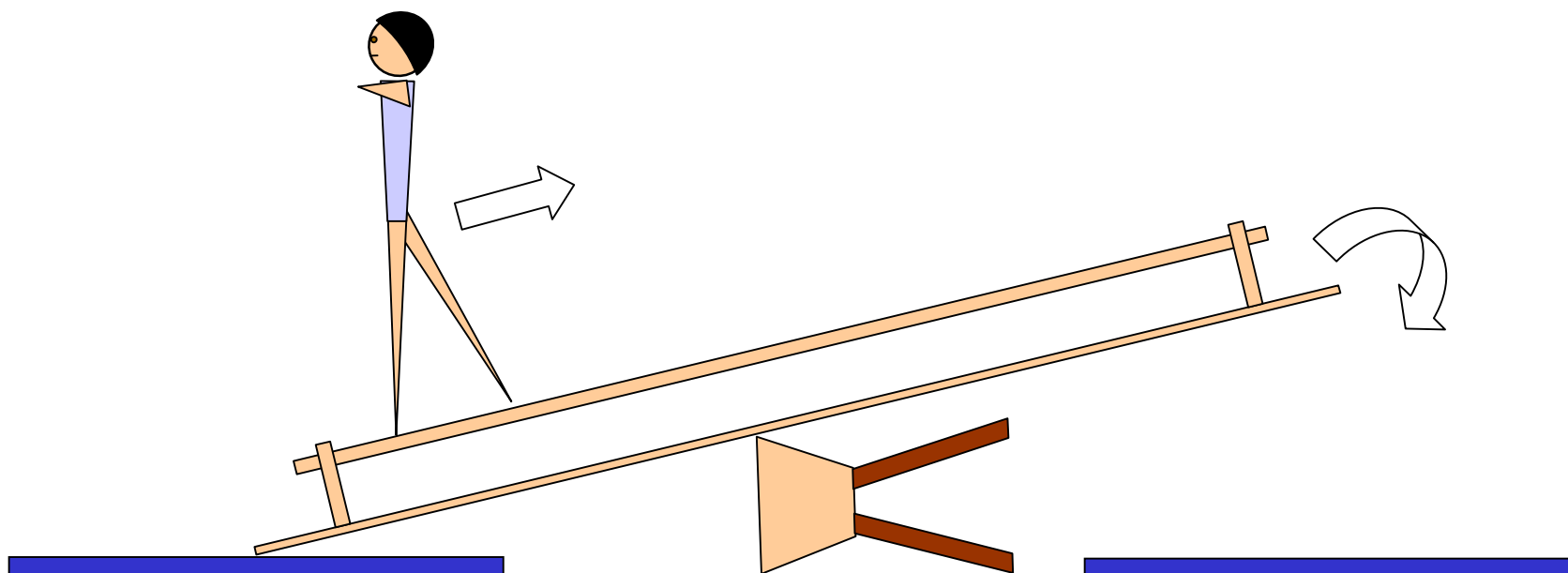
Traverser latéralement

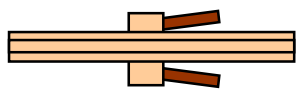




# Banc / Balançoire

Traverser en arrière

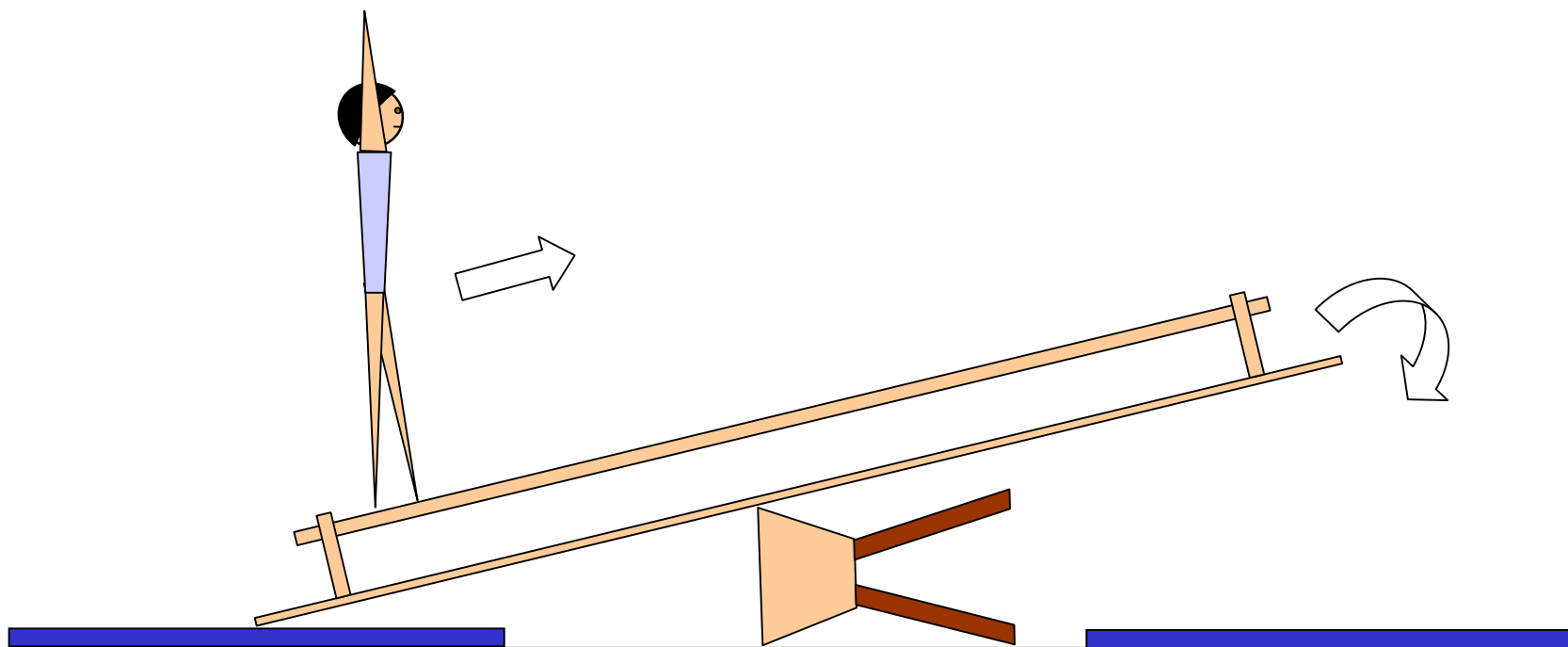




# Banc / Balançoire

21

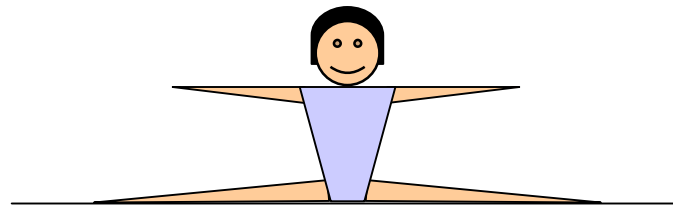
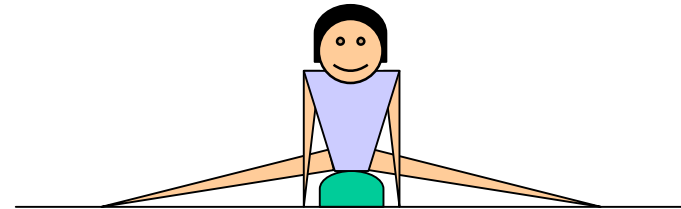
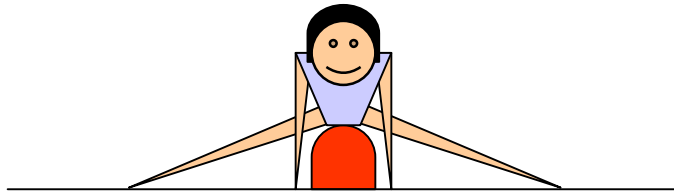
Traverser sur la pointe des pieds





# Souplesse

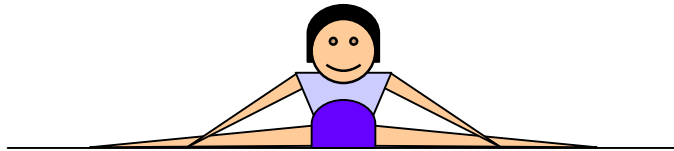
## Grand écart facial





# Souplesse

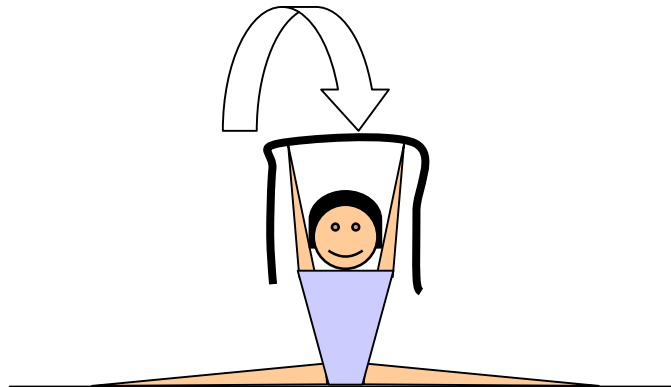
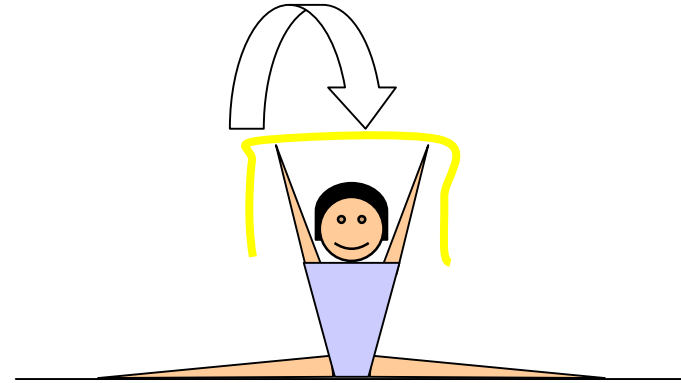
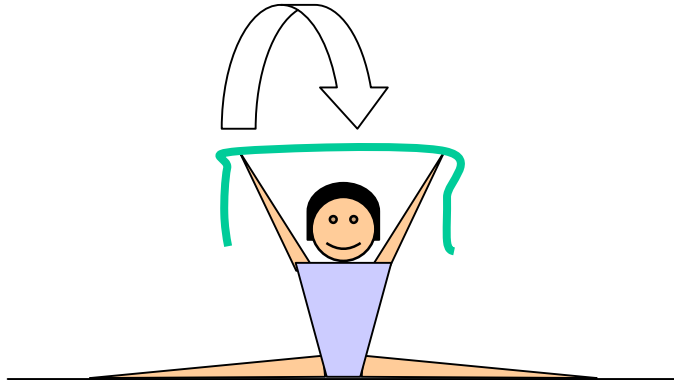
Ecrasement jambes écartées

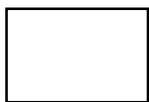




# Souplesse

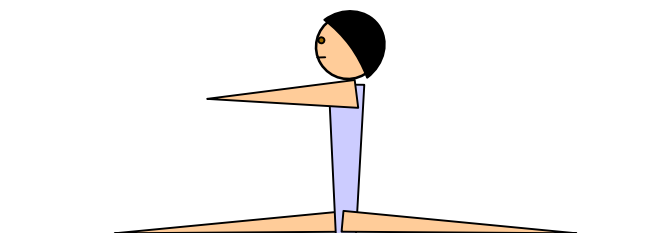
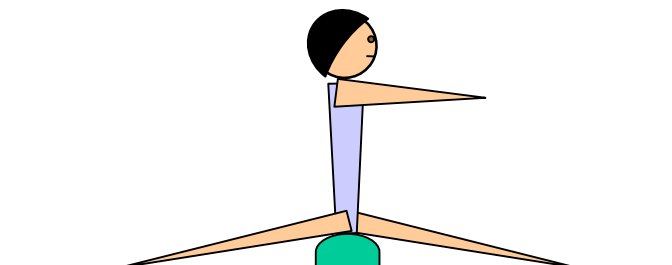
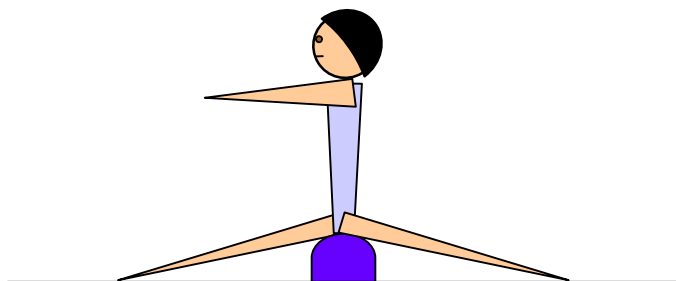
## Dislocations





# Souplesse

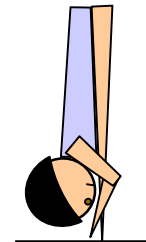
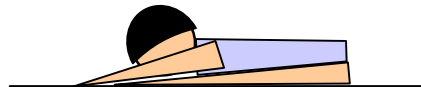
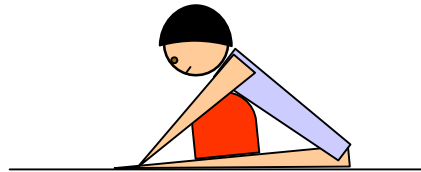
Grand écart latéral (gauche + droite)

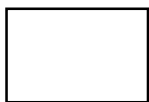




# Souplesse

Ecrasement jambes serrées

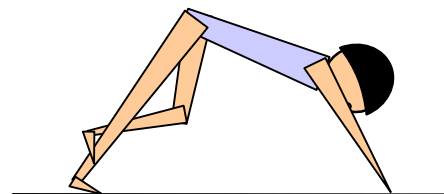
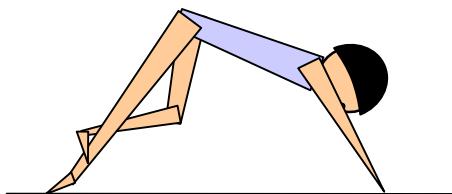


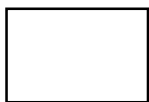


# Souplesse

22

## Chevilles

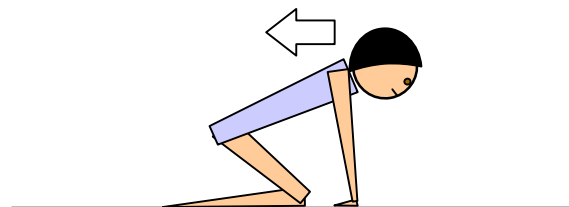
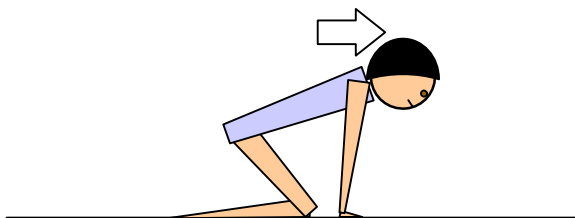




# Souplesse

22

## Poignets

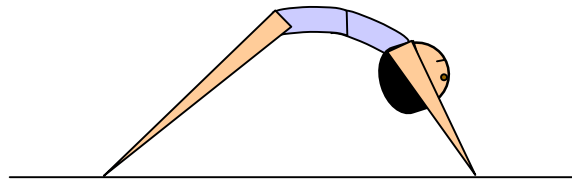


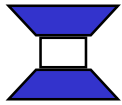


# Souplesse

22

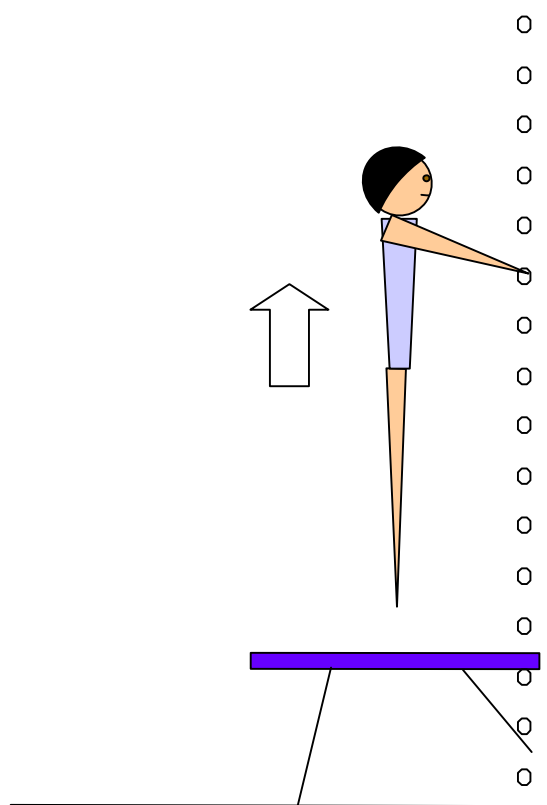
Pont

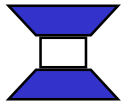




# Trampoline + Espaliers

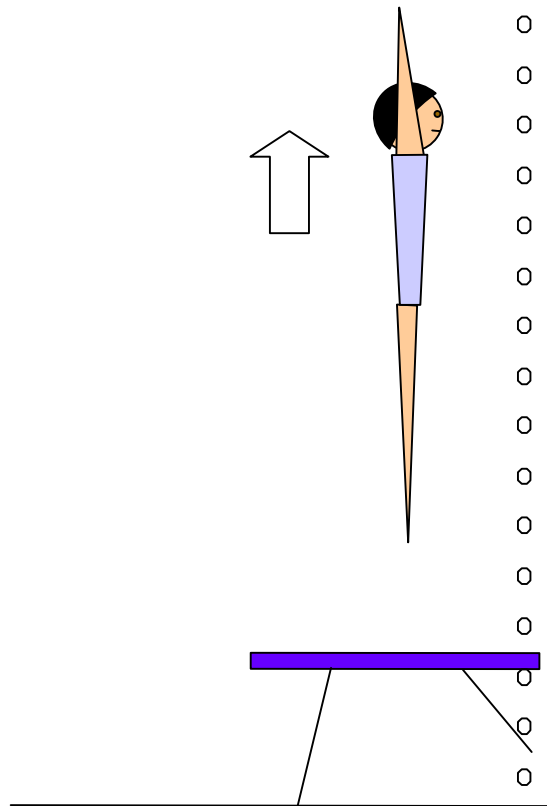
Saut en se tenant aux espaliers

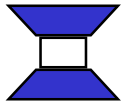




# Trampoline + Espaliers

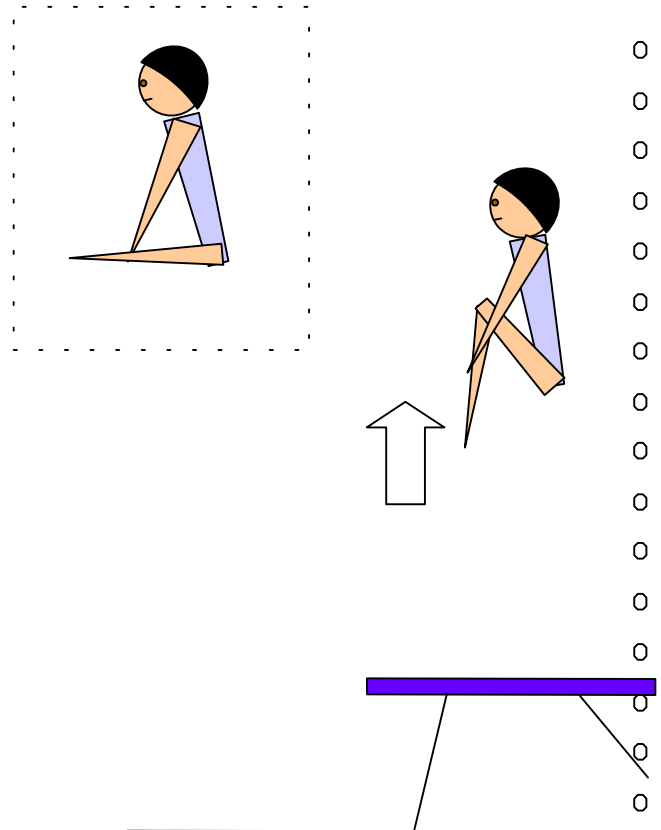
Saut en extension

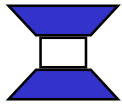




# Trampoline + Espaliers

Saut groupé / écart

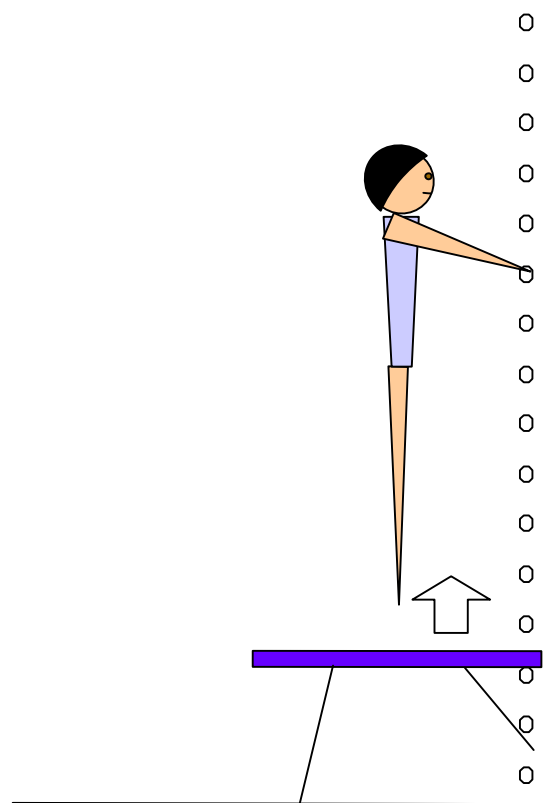


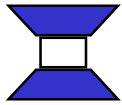


# Trampoline + Espaliers

23

Saut en ne travaillant qu'avec la pointe des pieds (jambes tendues)

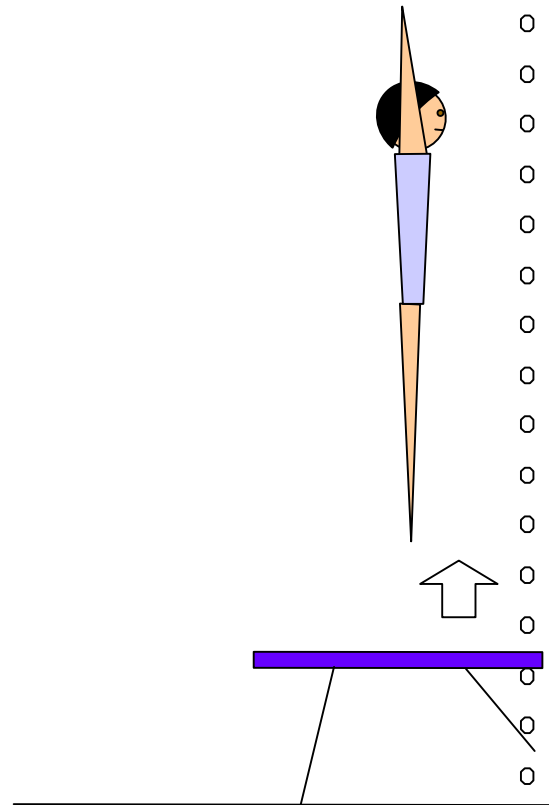


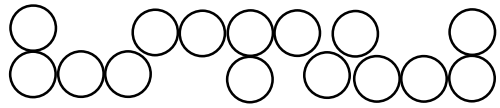


# Trampoline + Espaliers

23

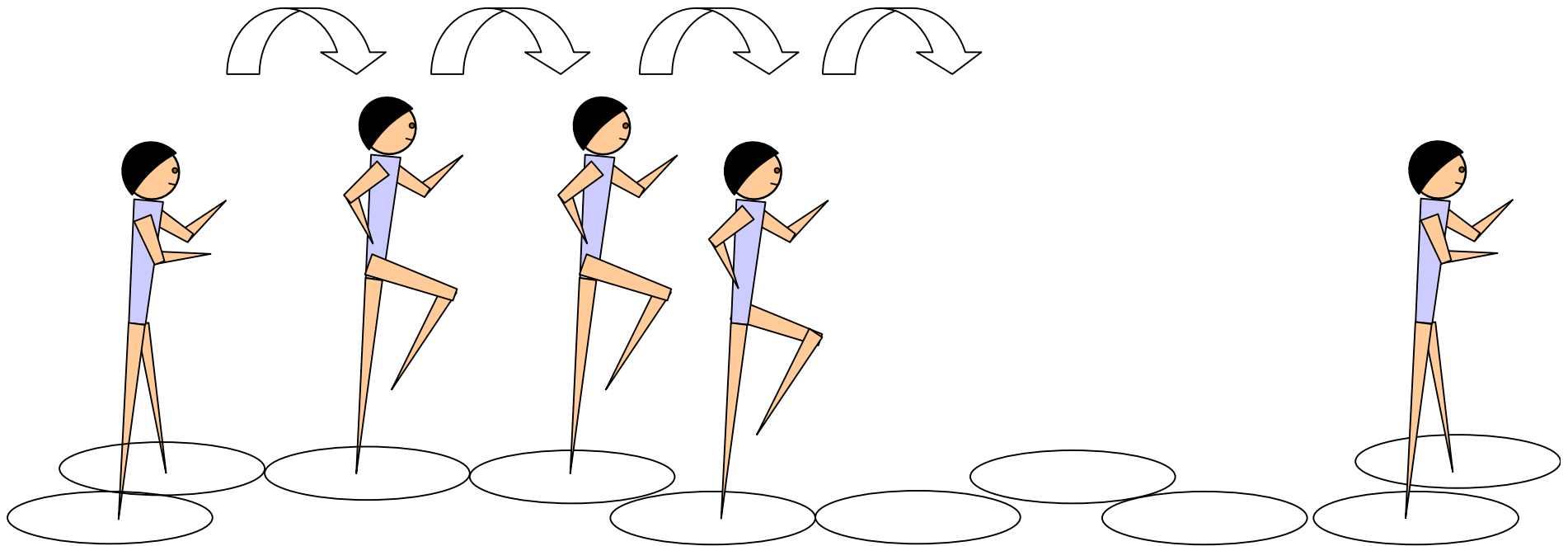
Saut en extension en ne travaillant qu'avec la pointe des pieds (jambes tendues)

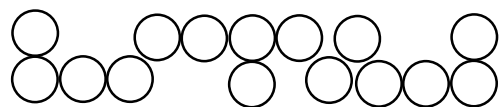




# Cerceaux

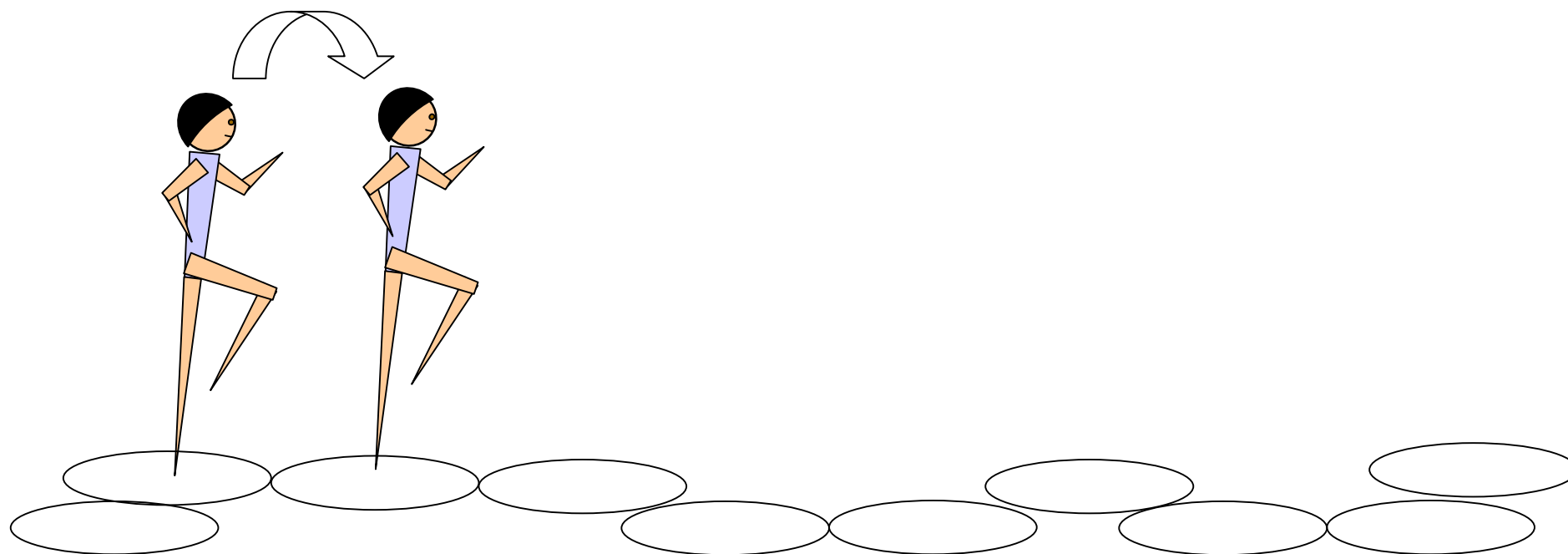
Saut avec le pied droit dans les cerceaux de droite / gauche dans les cerceaux de gauche

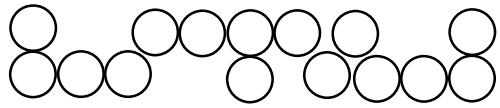




# Cerceaux

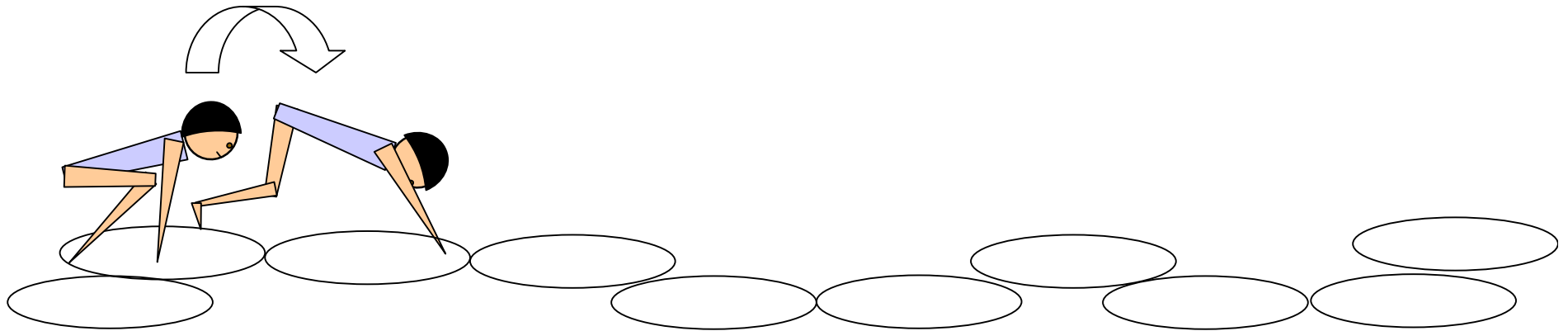
Saut sur 1 pied

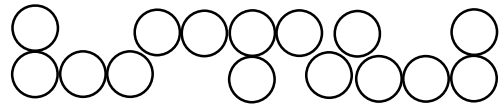




# Cerceaux

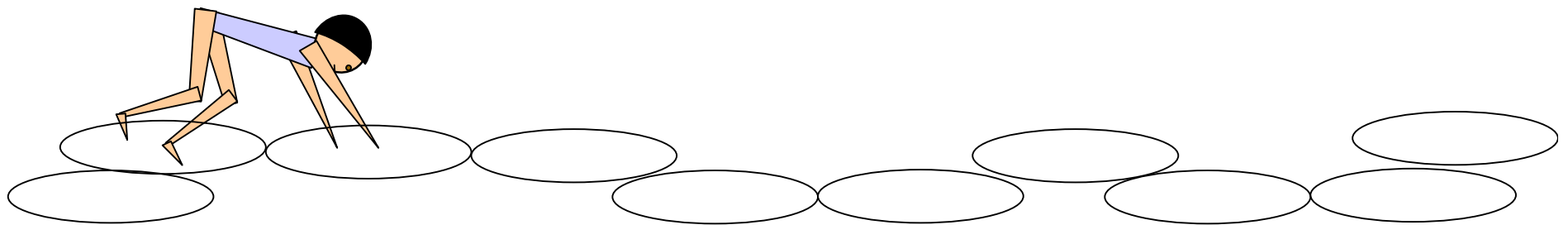
Saut du lapin





# Cerceaux

Marcher à 4 pattes

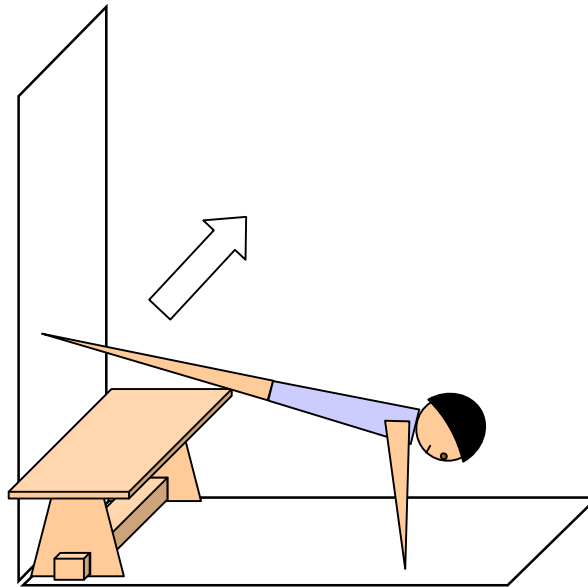




## Banc contre le mur

25

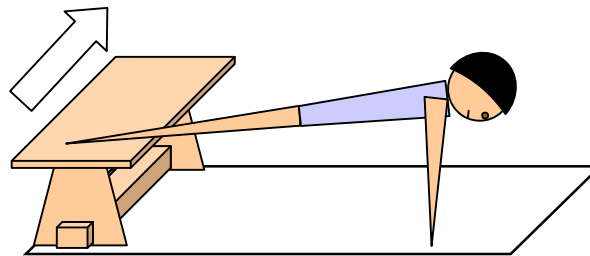
Marcher latéralement mains à terre -pieds au mur sans toucher le banc





## Banc contre le mur

Marcher latéralement mains à terre - pieds sur le banc

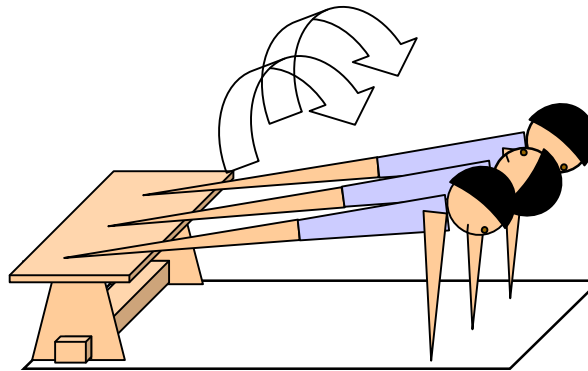




## Banc contre le mur

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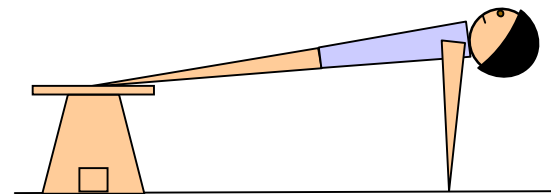
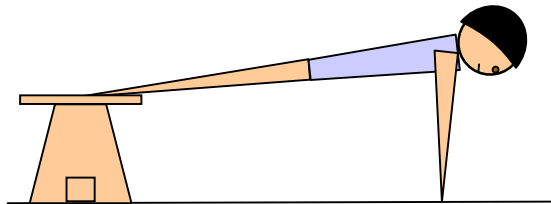
Appui facial mains à terre / pieds sur le banc - se retourner à l'appui dorsal - se retourner...

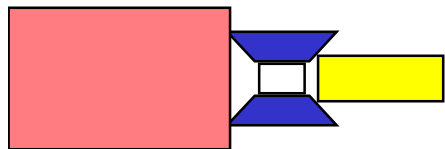




# Banc contre le mur

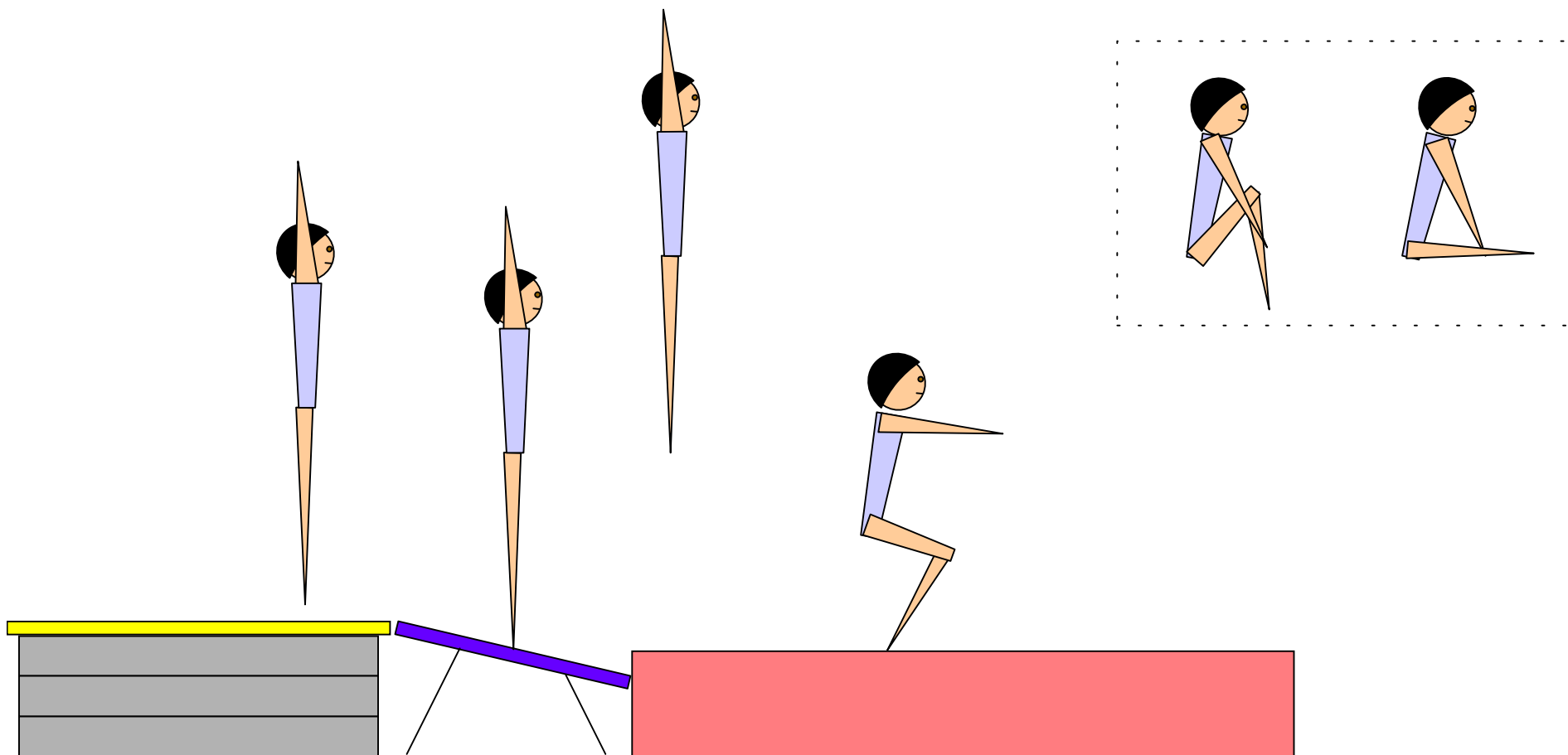
Appui facial / dorsal

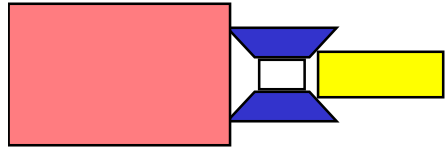




## Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

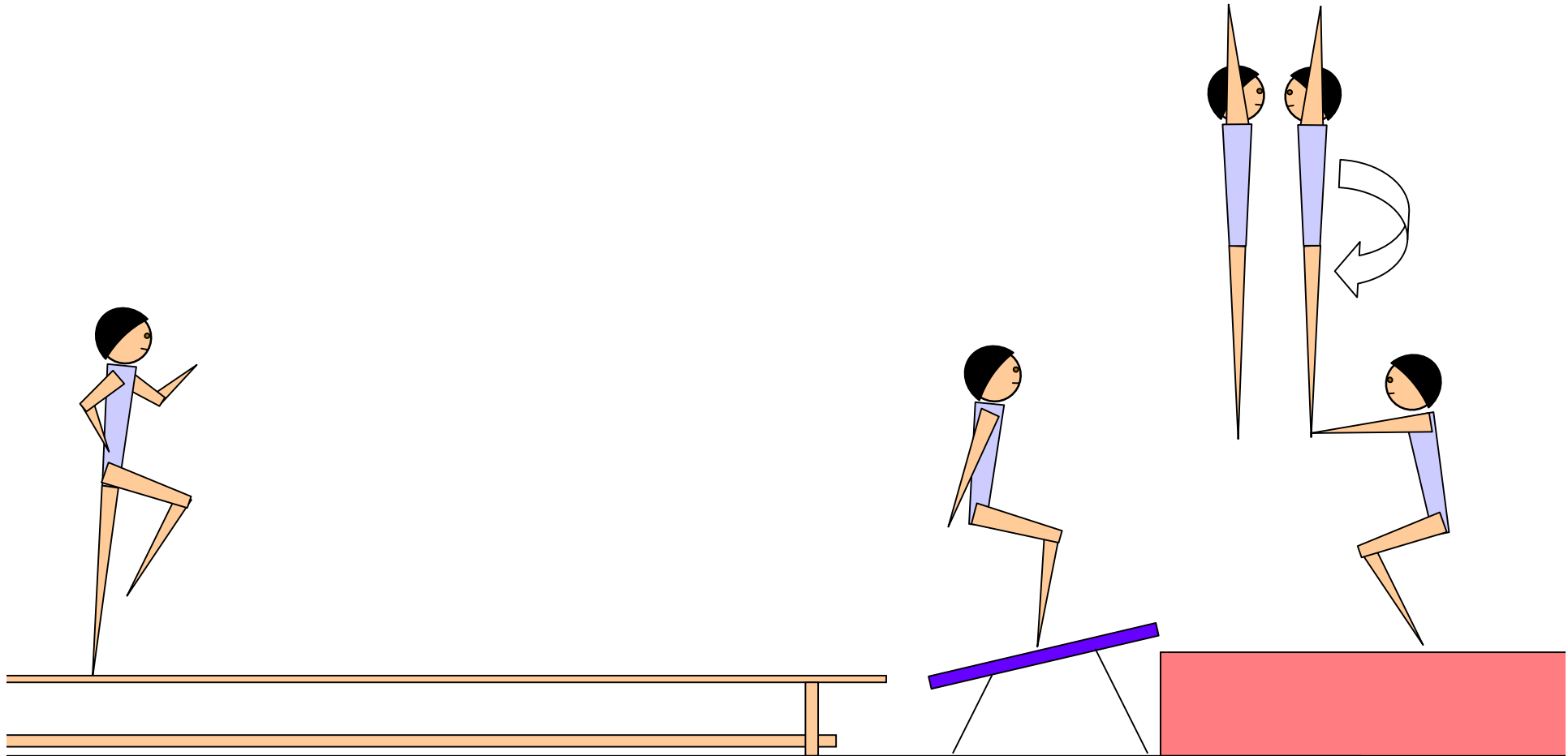
Saut extension / écart / groupé - Station

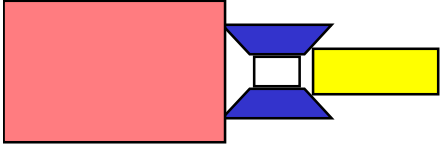




# Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

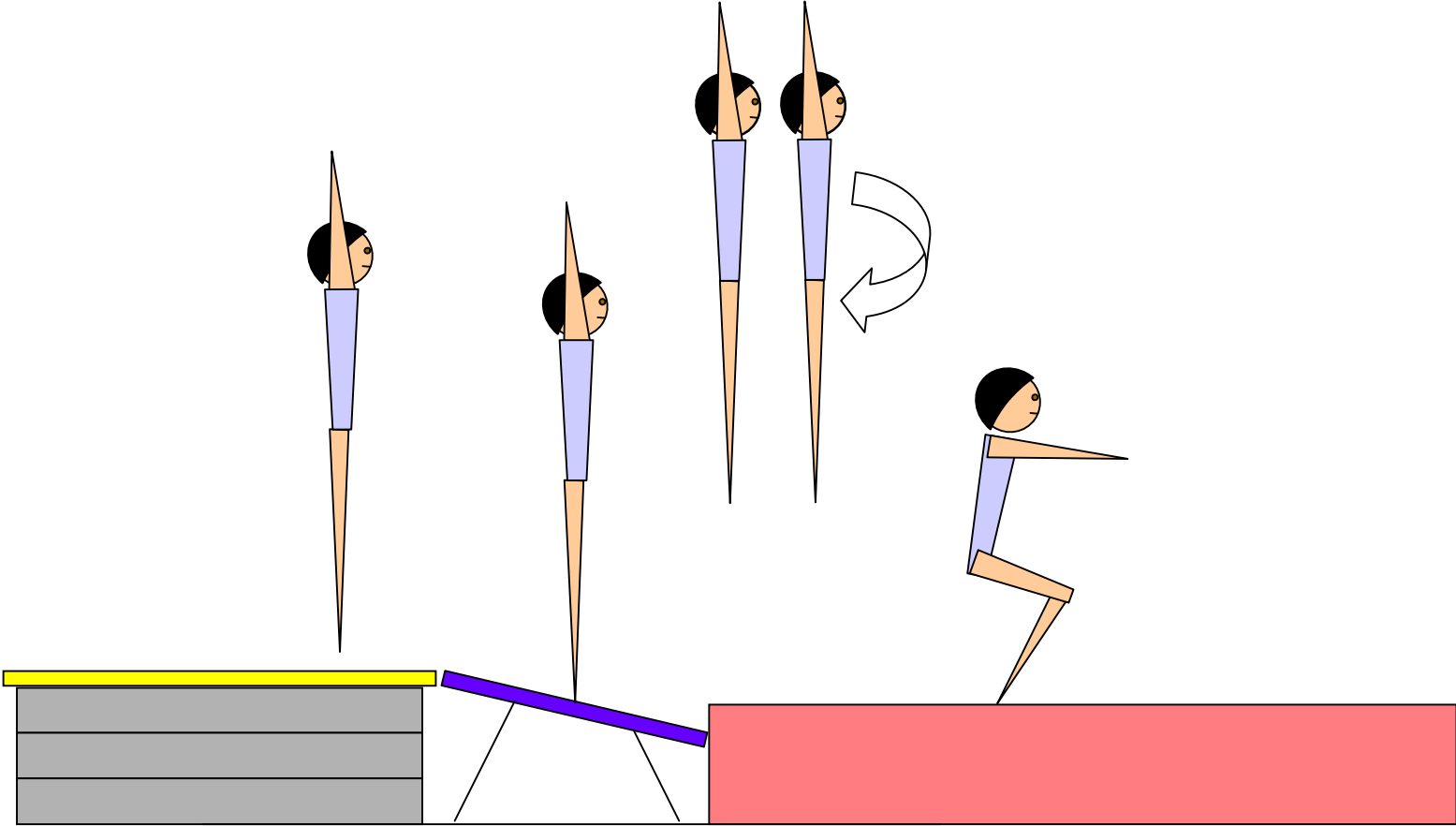
Saut 1/2 tour - Station

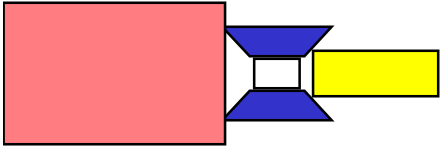




# Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

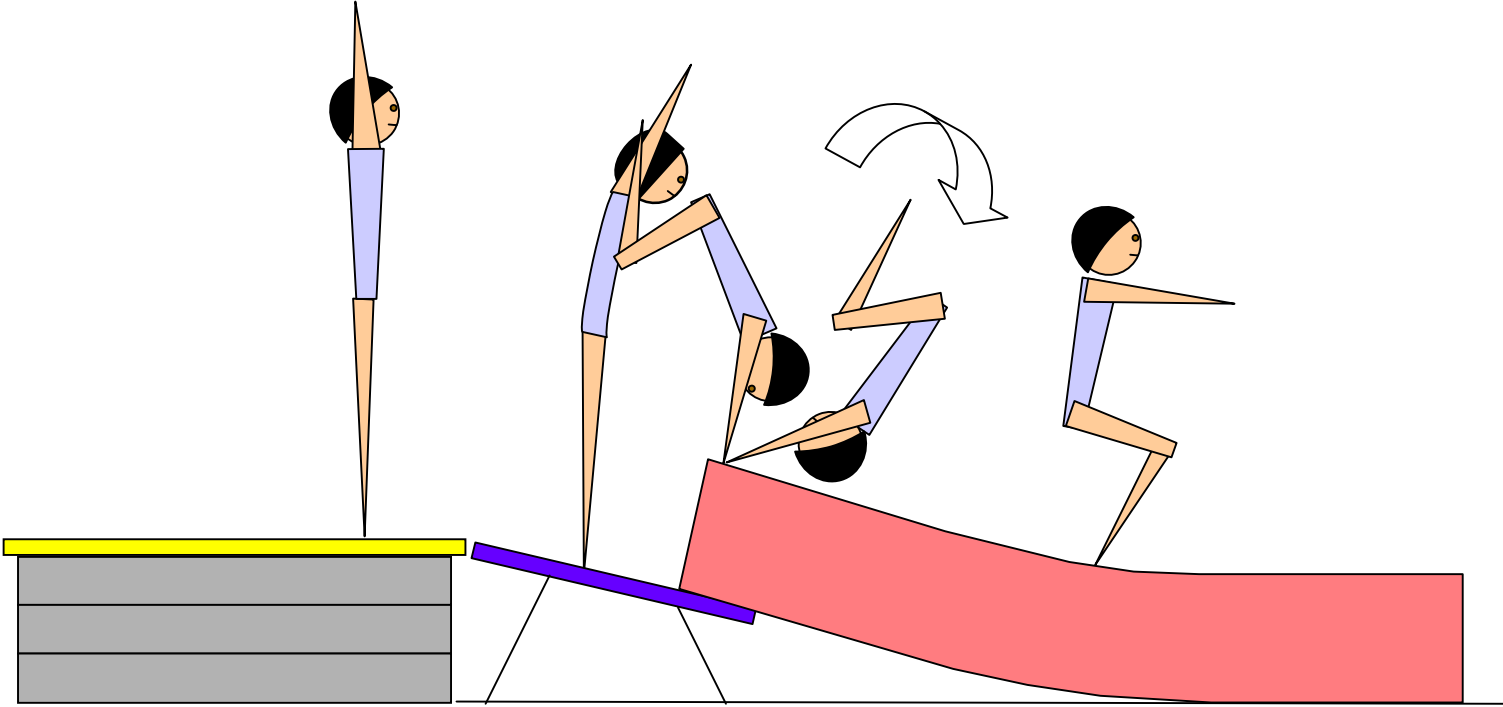
Saut 1/1 tour - Station

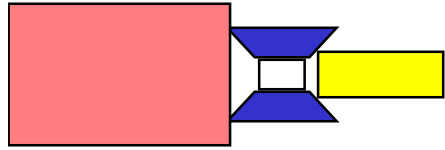




# Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

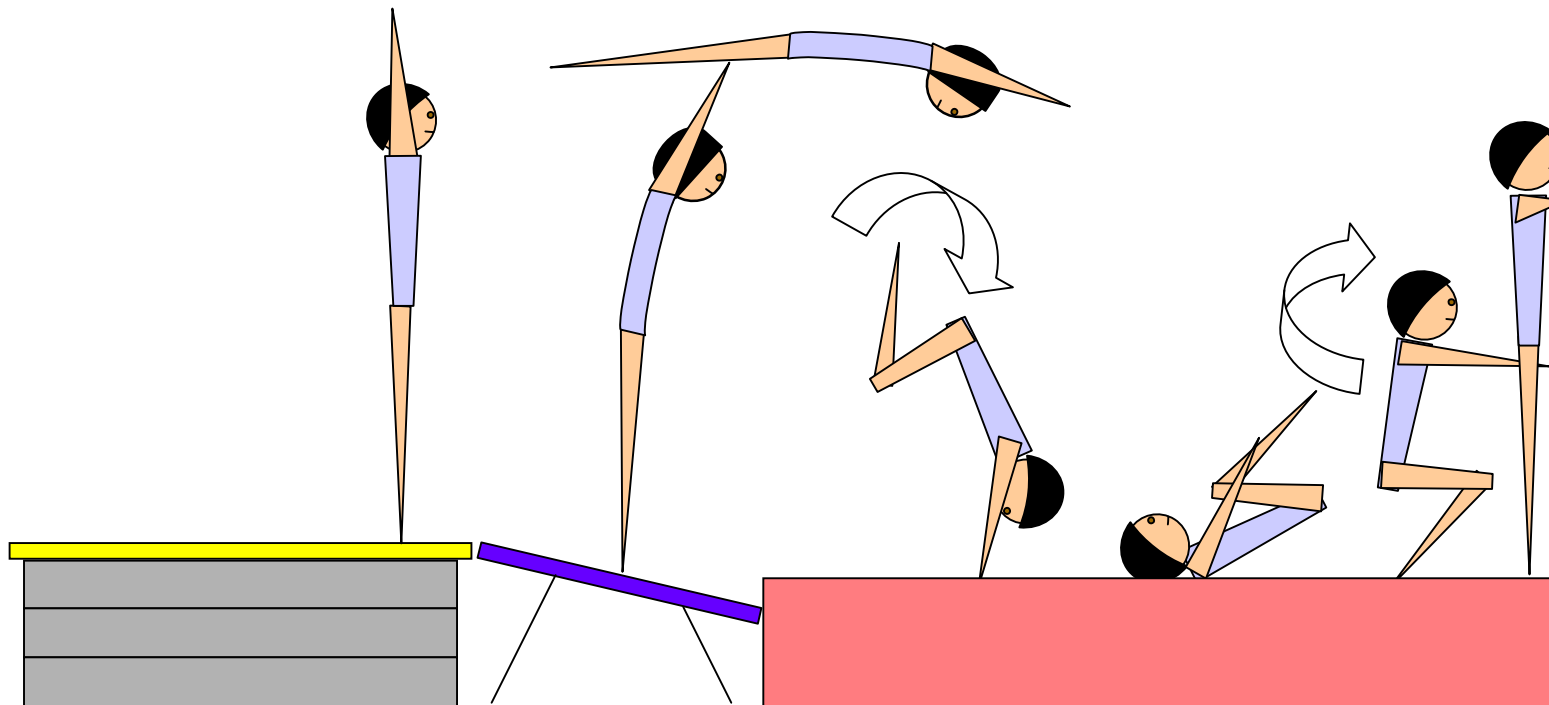
Saut rouler

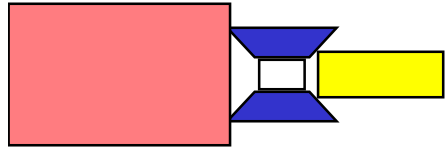




## Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

Saut rouler





## Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

Saut à l'appui renversé - Rouler (avec tapis sur minitramp)

