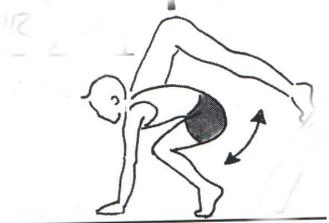
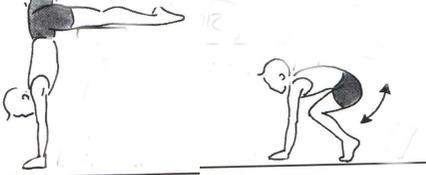
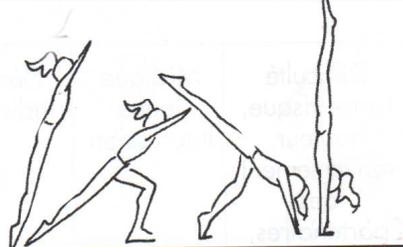
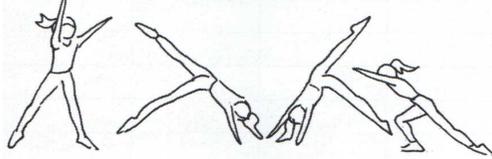
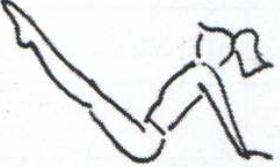
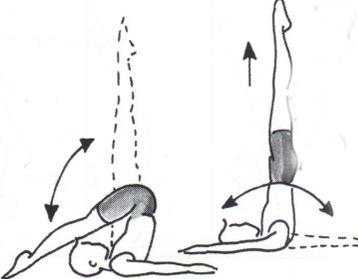
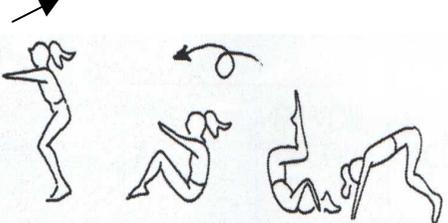
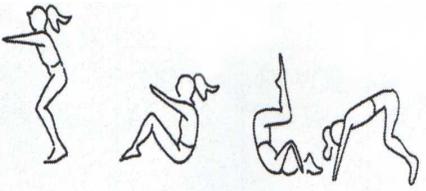


Fiche n°7 : Exemples d'éléments gymniques

			
élévation du bassin vers la verticale	placement du bassin à la verticale	appui tendu renversé : ATR	roue
			
équilibre fessier avec pose de mains	chandelle	pont	trépied
			
roulade avant	roulade avant écart	roulade arrière	appui tendu renversé en pont