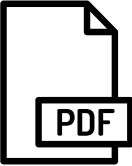
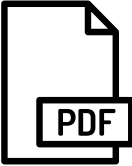
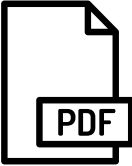
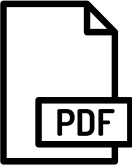
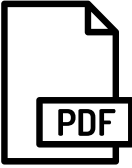
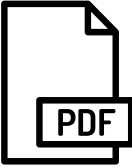
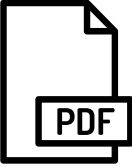
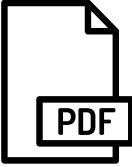



# ECOLE COMMERCE PROFESSIONNELLE ARTISANAT



	SPS PLAN SEMAINE 1		SPS PLAN SEMAINE 2		SPS PLAN SEMAINE 3
	SPS PLAN SEMAINE 4		SPS PLAN SEMAINE 5		SPS PLAN SEMAINE 6
	SPS PLAN SEMAINE 7		GARDER LA FORME EN QUARANTAINE		OBJECTIFS ET PHILOSOPHIE DU SPS À L'EPASC
	EPASC SPS CHALLENGE #1		EPASC SPS CHALLENGE #2		EPASC CHALLENGE #3
	EPASC SPS CHALLENGE #4 PROPRIOCEPTION		EPASC SPS CHALLENGE #5 RENFORCEMENT		EPASC SPS CHALLENGE #6 4 IN 1
	EPASC SPS CHALLENGE #7		EPASC SPS CHALLENGE #8		EPASC CHALLENGE #9

MEMORY  
GAINAGE

PARCOURS  
FLÉCHÉ

QUIZZ MUSCLES  
AVEC  
RENFORCEMEN