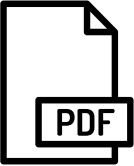
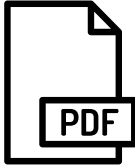
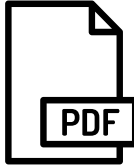
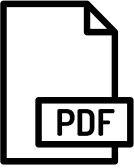
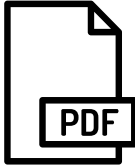
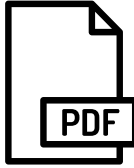
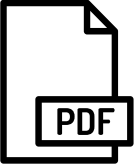
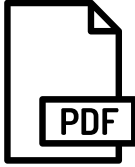
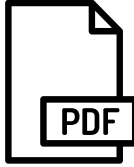
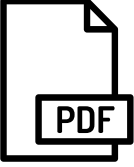


# ECOLE COMMERCE PROFESSIONNELLE ARTISANAT



	SPS PLAN SEMAINE 1		SPS PLAN SEMAINE 2		SPS PLAN SEMAINE 3
	SPS PLAN SEMAINE 4		SPS PLAN SEMAINE 5		GARDER LA FORME EN QUARANTAINE
	SPS PLAN SEMAINE 6		SPS PLAN SEMAINE 7		SPS PLAN SEMAINE 8
	OBJECTIFS ET PHILOSOPHIE DU SPS À L'EPASC		EPASC SPS CHALLENGE #1		EPASC SPS CHALLENGE #2
	EPASC SPS CHALLENGE #3		EPASC SPS CHALLENGE #4 PROPRIOCEPTION		EPASC SPS CHALLENGE #5 RENFORCEMEN
	EPASC SPS CHALLENGE #6 4IN1		EPASC SPS CHALLENGE #7		EPASC SPS CHALLENGE #8

MEMORY  
GAINAGE

EPASC SPS  
CHALLENGE  
#9

EPASC SPS  
CHALLENGE  
#10

QUIZ MUSCLES  
AVEC PARCOURS  
RENFORCEMENT FLÉCHÉ