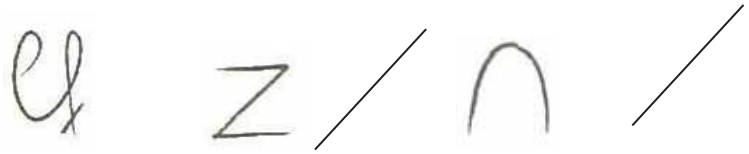
Passage de la gym 005 à la poutre

Sens du mouvement →

EC5 **EC4** **EC1**

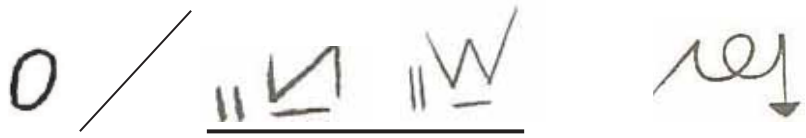
Entrée **PP**



6.2 **6.1 + 0.50** **6.5 + 0.30**

Equerre Renversée **Saut changement de jbes** **Flip**

EC3 **EC2**



= 7 éléments

6.1 + 0.30 **6.6 + 0.50**

Pirouette **Saut groupé** **Saut cosaque appel 2 pieds** **Salto Auerbach en bout de poutre**