

H30年度 イス体操

～コンフィアンサスポーツクラブ～

①カカシ

②バランス

③すべり台

④ヨット

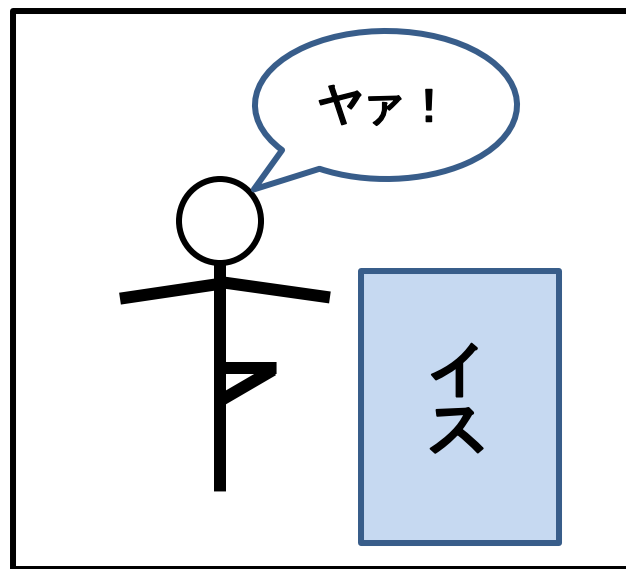
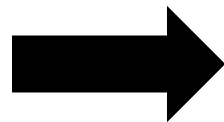
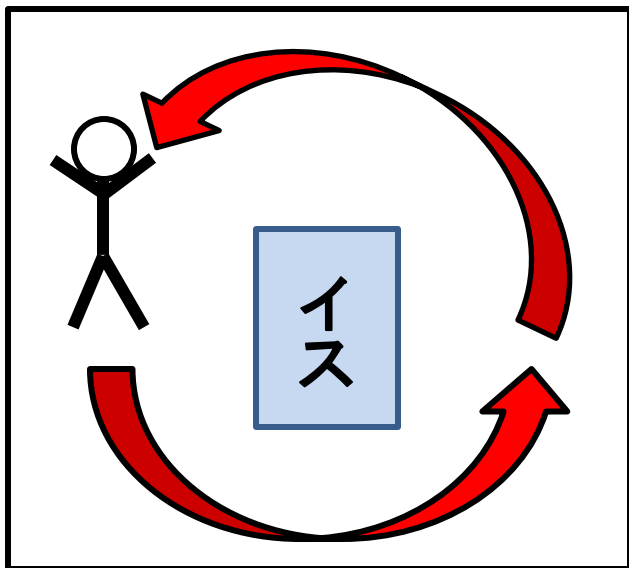
⑤スカイダイビング

⑥ウェーブ

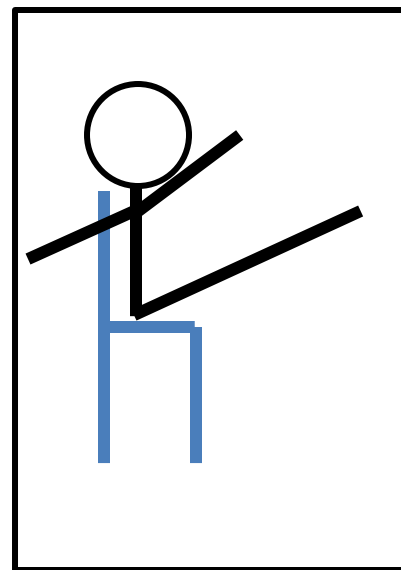
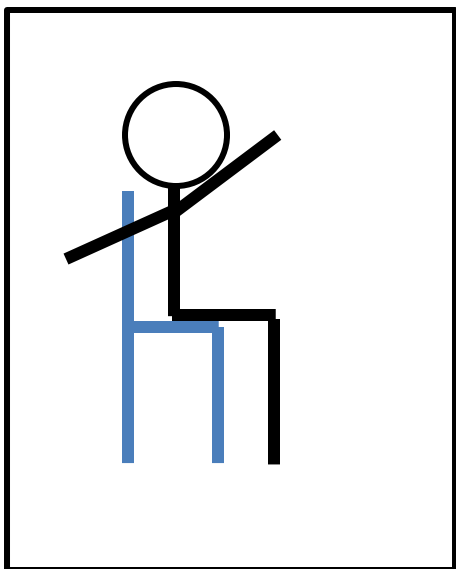
⑦お城

①カカシ

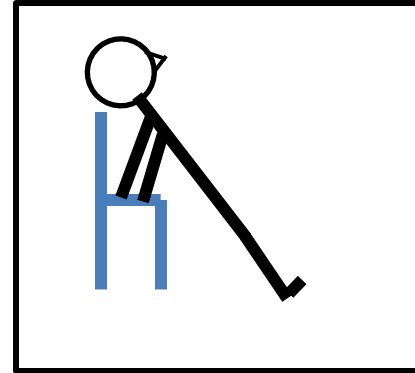
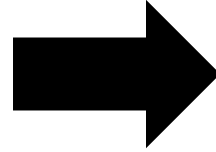
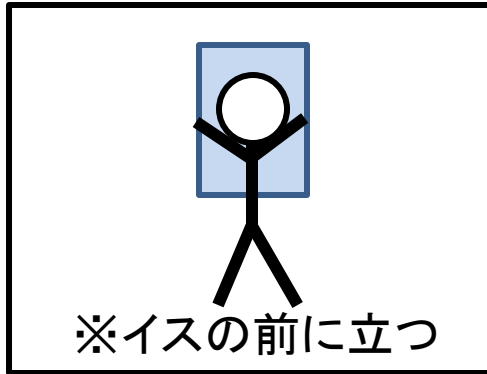
※全ての種目、イスの右側に立った状態で開始する。



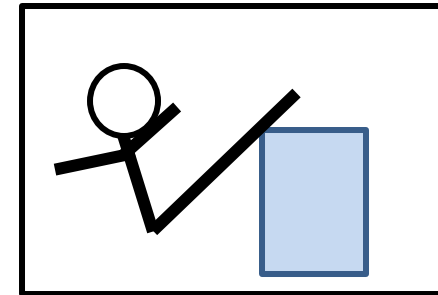
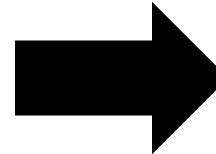
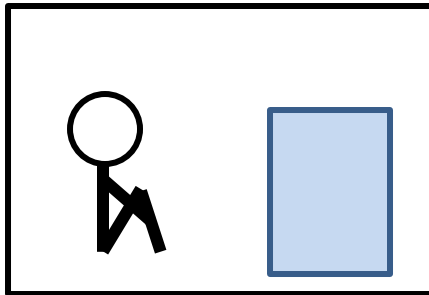
②バランス



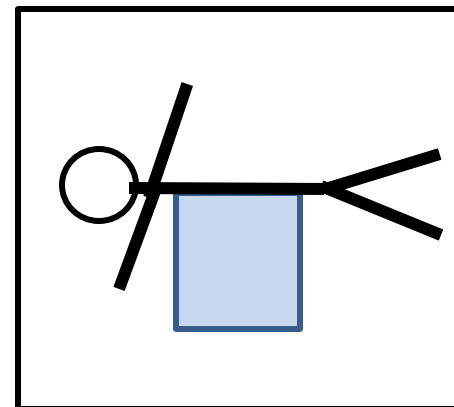
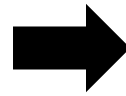
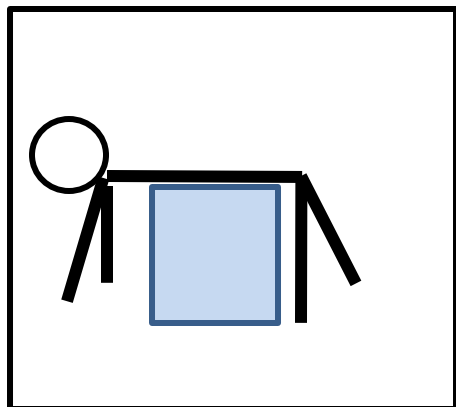
③すべり台



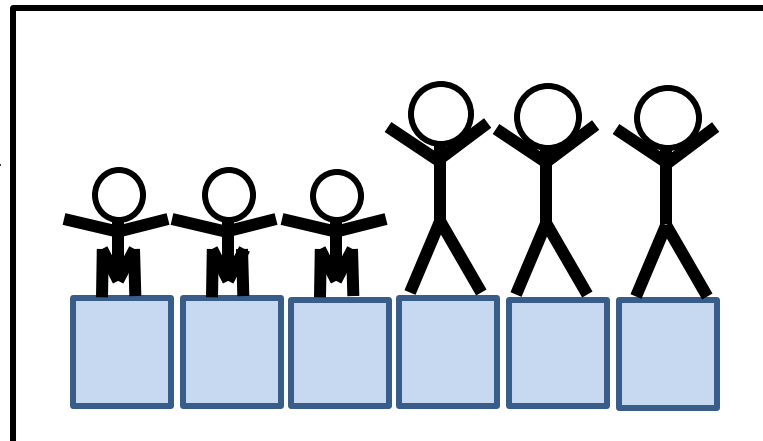
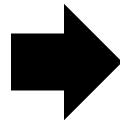
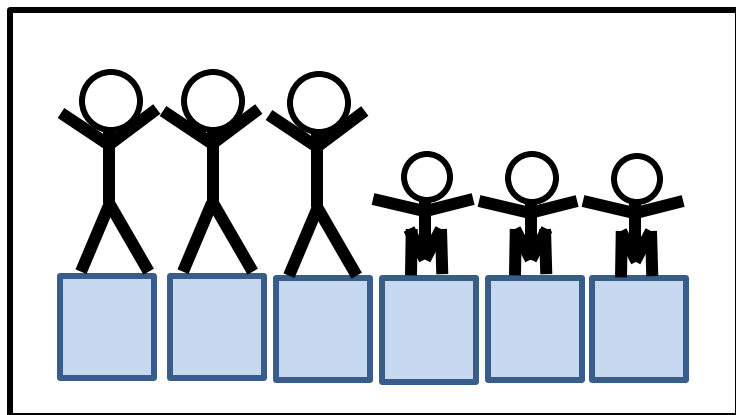
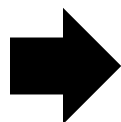
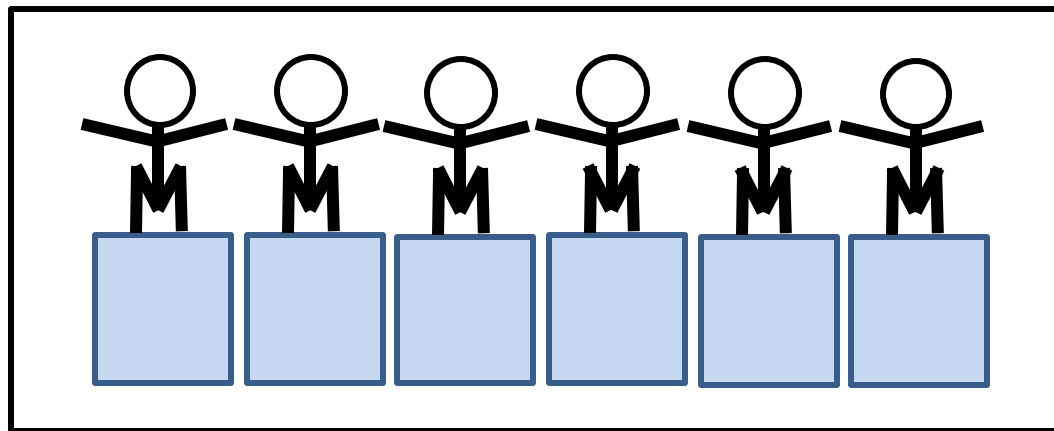
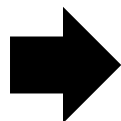
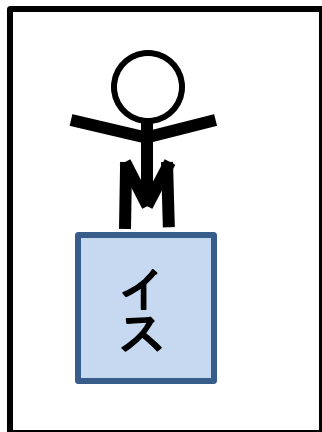
④ヨット



⑤スカイダイビング



⑥ウェーブ



⑦お城

