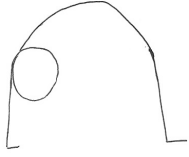


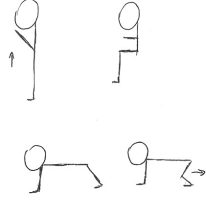
SPORTOWY ALFABET

SPORT TO PESTKA

A MOSTEK



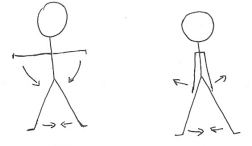
B BURPEES



C PRZYSIADY



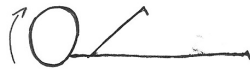
D PAJACYKI
KOORDY-
NACYJNE



E KOBRA +
PIES Z
GŁOWĄ W DÓŁ



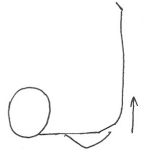
F GRZBIETY



G MARSZ NA
PRZEDRA-
MIONACH



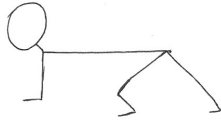
H ŚWIECA



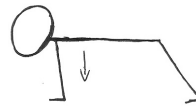
I BRZUSZKI



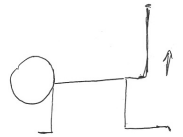
J BIEG W
PODPORZE



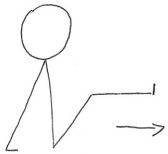
K POMPKI



L WYMACHY
NOGI
W GÓRĘ



Ł BRZUSZKI W
SIADZIE
(ZGINANIE I
PROSTOWANIE
NN)



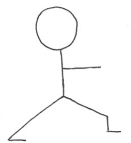
M PAJACYKI



N KŁAŚNIĘCIA
NAPRZEMIENN
POD
KOLANAMI



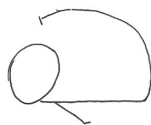
O WYPAD
NOGI
W PRZÓD +
POGŁĘBIENIE



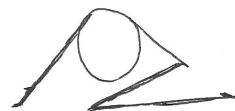
P PLANK



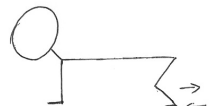
R LEŻENIE
PRZEWROTNE



S UKŁON
JAPONSKI



T WYRZUT NÓG
W PODPORZE
PRZODEM



U WAHADEŁKA



W SKIP A



Y SKIP C



Z WYMACHY
NOGI W GÓRĘ
W PRZÓD

