Przenoszenie ciężaru ciała z nogi na nogę x10

Przenoszenie ciężaru ciała z nogi na nogę x10

Pajacyki x 12

Pajacyki x12

Skłony x5

Skłony x5

Podskoki obunóż x 15

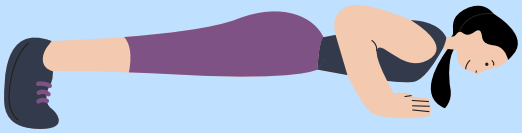
Podskoki obunóż x15

Przysiady x8

Przysiady x8

Pompki x3

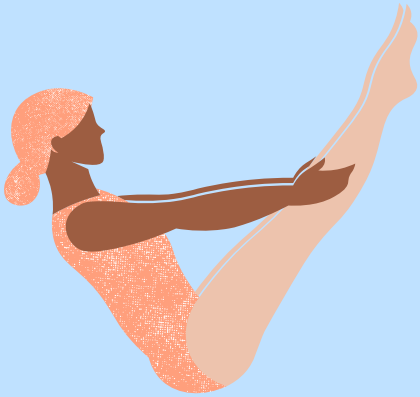
Pompki x3



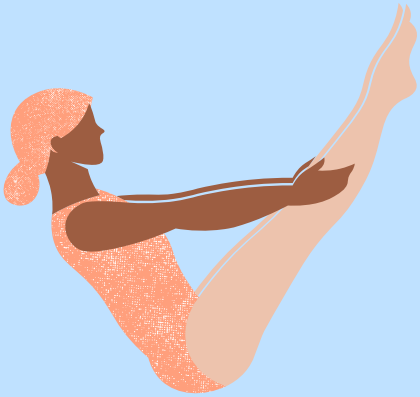
Bieg dookoła sali/boiska

Bieg dookoła sali/boiska

Wytrzymaj 5 sek.

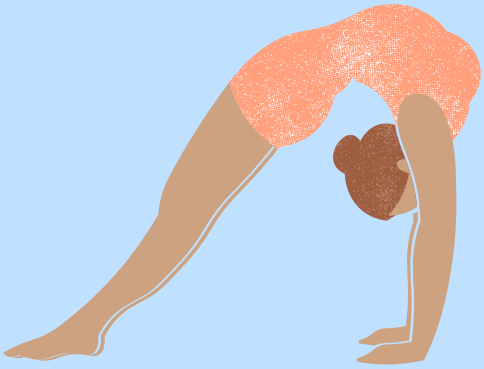


Wytrzymaj 5 sek



Wytrzymaj
5 sek.

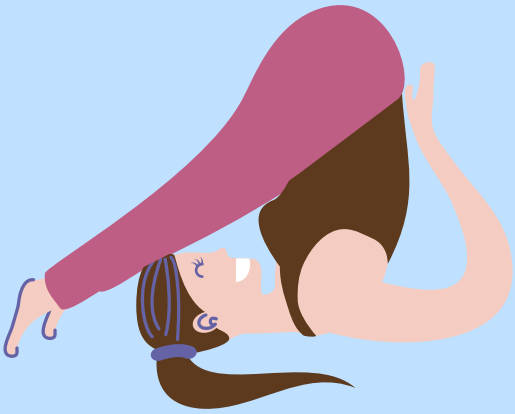
Wytrzymaj
5 sek.



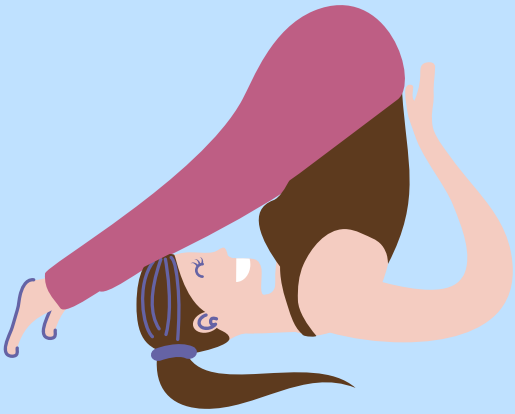
Agrafka na prawą
i lewą rękę

Agrafka na prawą
i lewą rękę

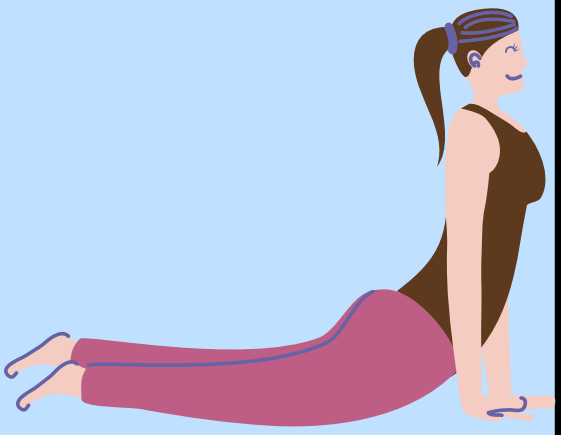
Leżenie przewrotne x2



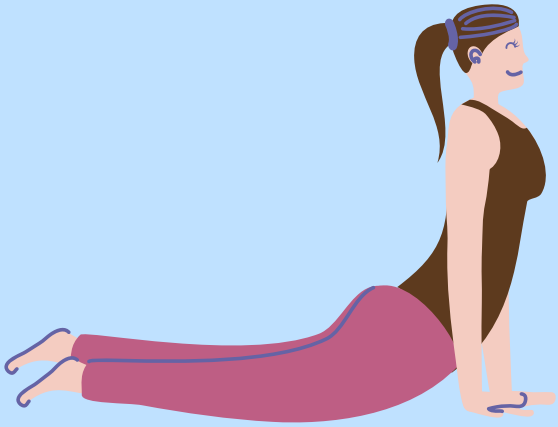
Leżenie przewrotne x2



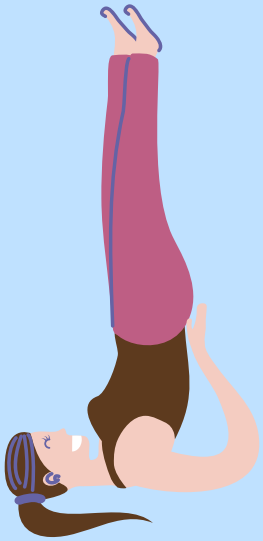
Wytrzymaj 5 sek.



Wytrzymaj 5 sek.



Wytrzymaj
10 sek.



Wytrzymaj
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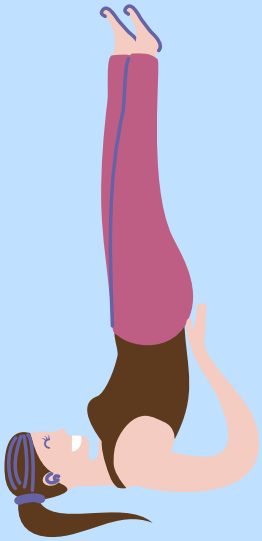
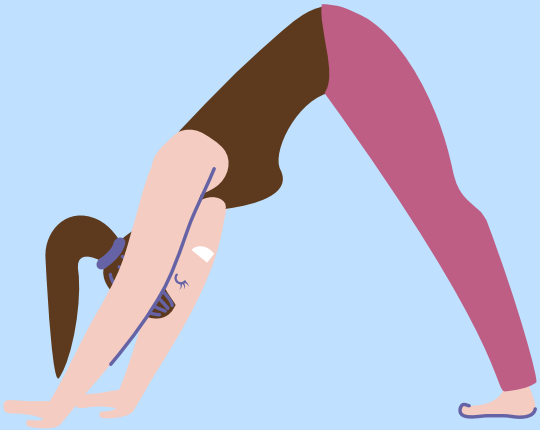


Wytrzymaj
5 sek.



Wytrzymaj
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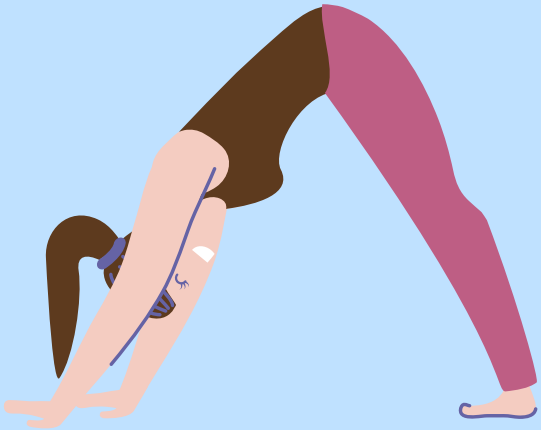

Wytrzymaj
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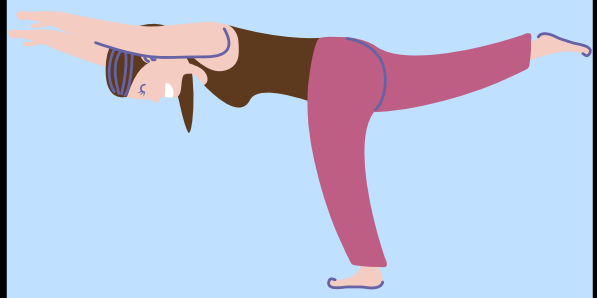

Wytrzymaj
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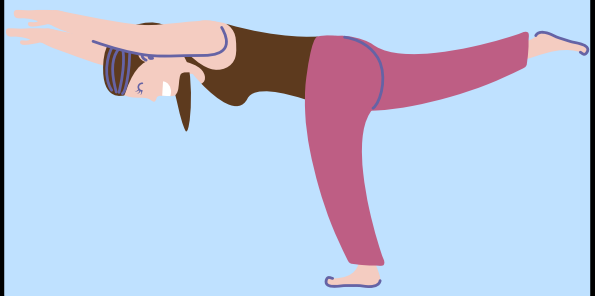


Skip A w miejscu
10 sek.

Skip A w miejscu
10 sek.

Wytrzymaj 8 sek.

Wytrzymaj 8 sek.

Prawe kolano
do lewego łokcia
(naprzemian) x20

Prawe kolano
do lewego łokcia
(naprzemian) x20

Wytrzymaj
10 sek.

Wytrzymaj
10 sek.

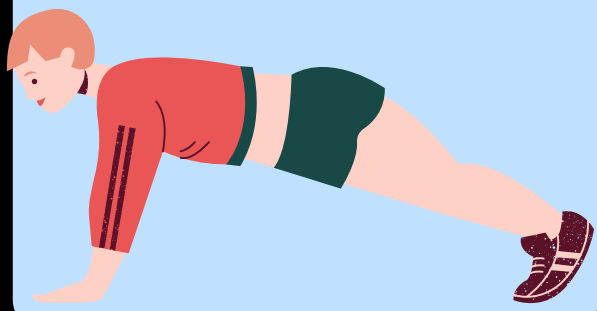
x10
na każdą stronę

x10
na każdą stronę

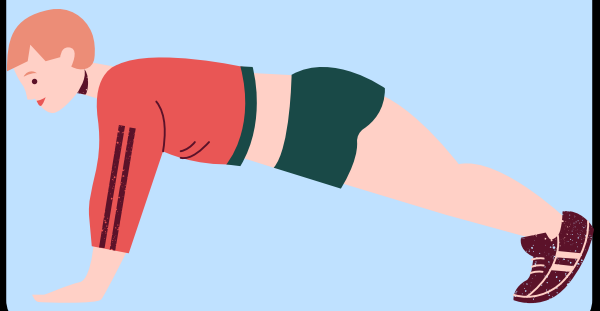
"brzuszki"
x10

"brzuszki"
x10

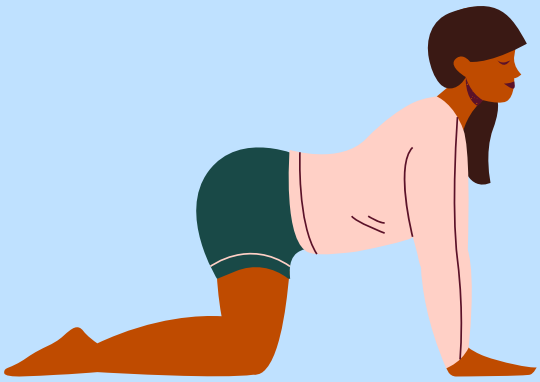
Podpór przodem
10 sek.



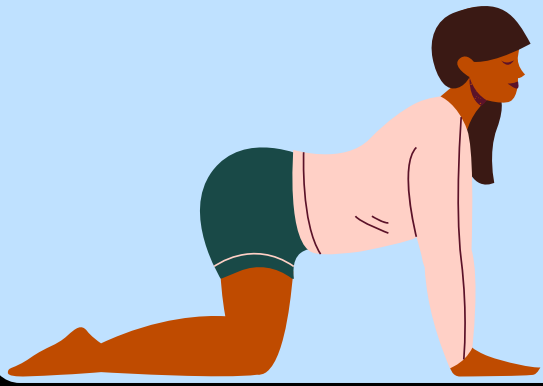
Podpór przodem
10 sek.



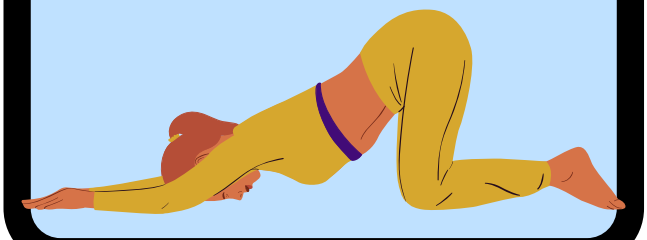
Koci grzbiet x5



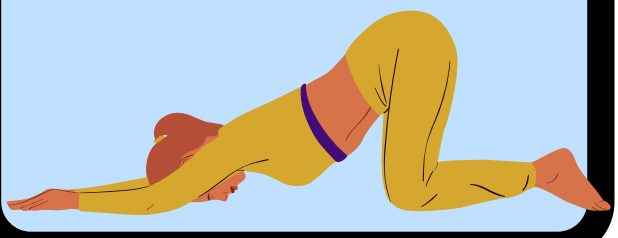
Koci grzbiet x5



Wytrzymaj
10 sek.



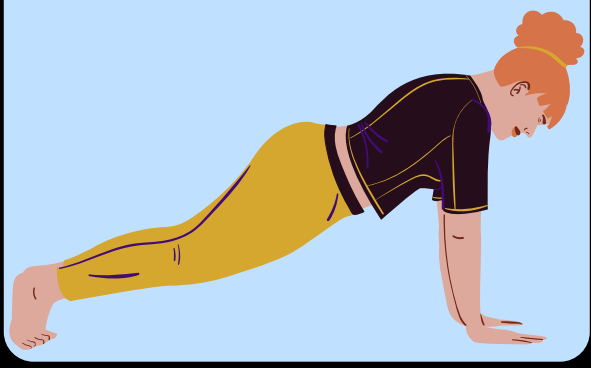
Wytrzymaj
10 sek.



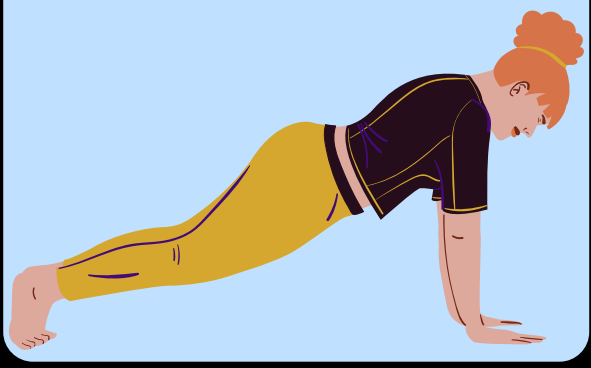
Bieg w wyznaczone miejsce

Bieg w wyznaczone miejsce

Podpór przodem + naprzemienne dotykanie barków x20



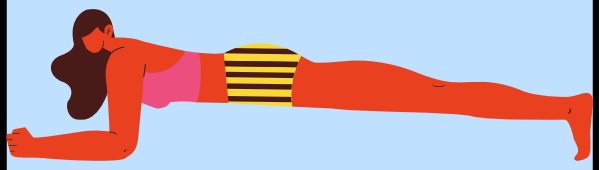
Podpór przodem + naprzemienne dotykanie barków x20



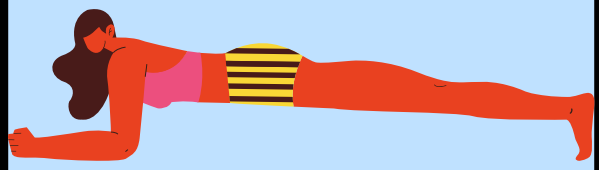
Wytrzymaj
10 sek.

Wytrzymaj
10 sek.

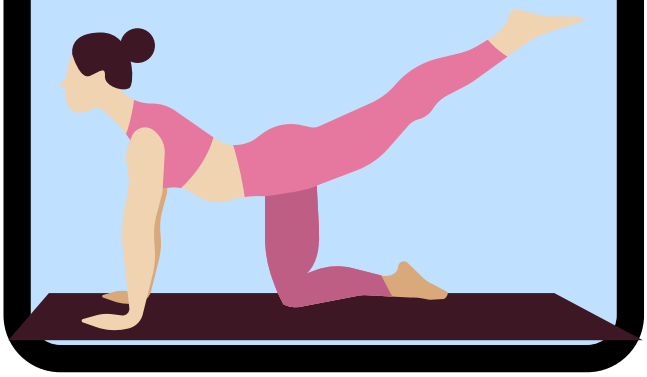
Plank
Wytrzymaj
10 sek.



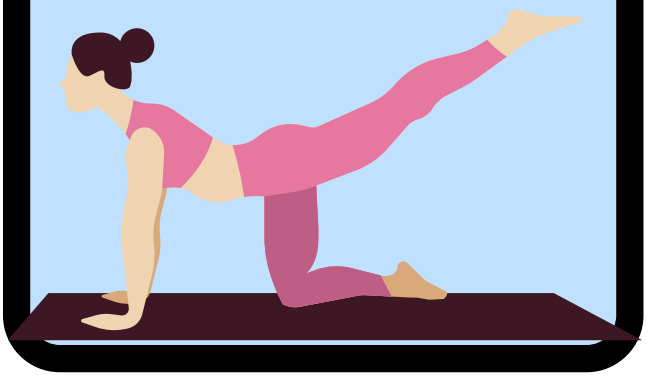
Plank
Wytrzymaj
10 sek.



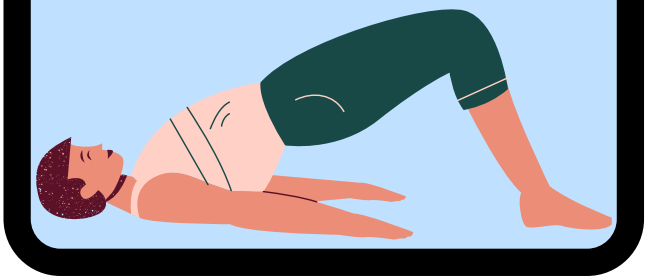
Wymachy naprzemienne nóg x20



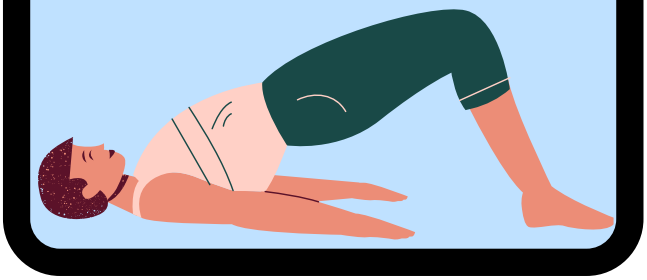
Wymachy naprzemienne nóg x20



Wytrzymaj 10 sek.



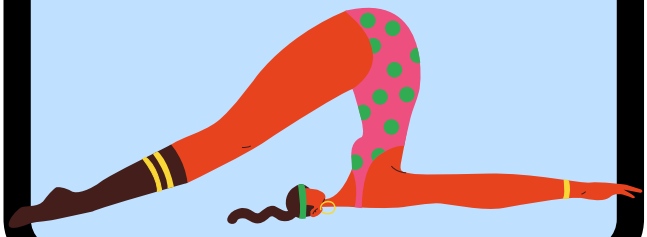
Wytrzymaj 10 sek.



Wytrzymaj
5 sek.

Wytrzymaj
5 sek.

Wytrzymaj
5 sek.



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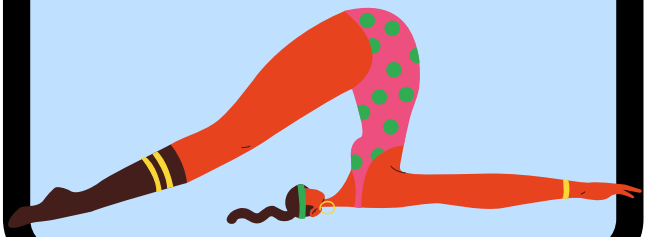
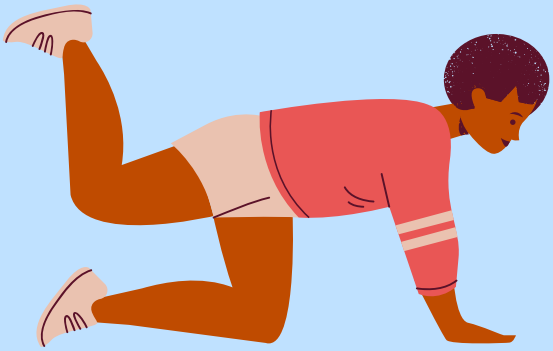
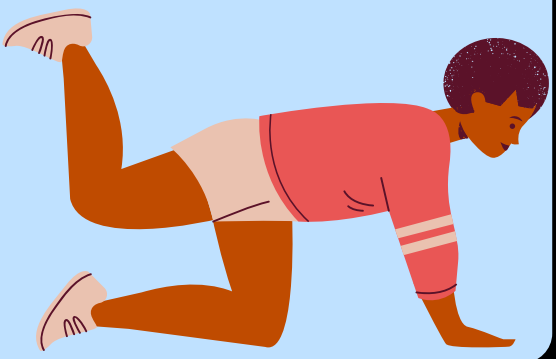
5 sek.



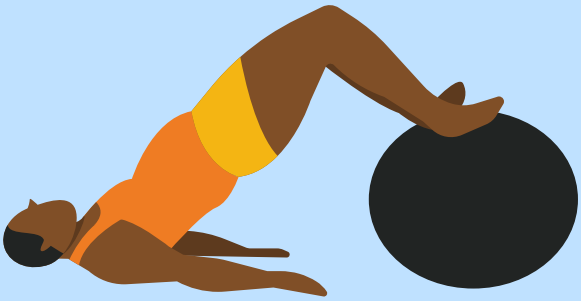
Wymachy naprzemienne nóg x10



Wymachy naprzemienne nóg x10



Wytrzymaj 10 sek.



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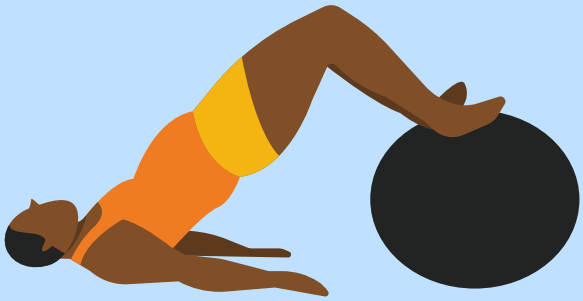
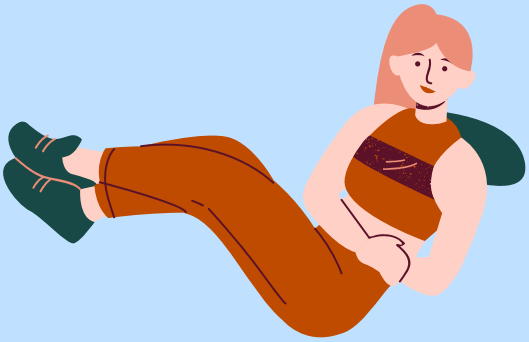


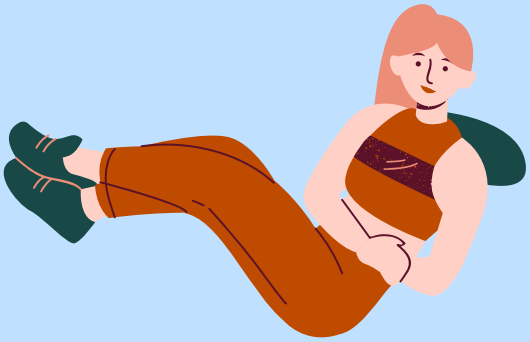
Wytrzymaj
15 sek.

Wytrzymaj
15 sek.

Skręty x20



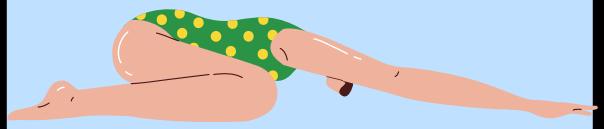
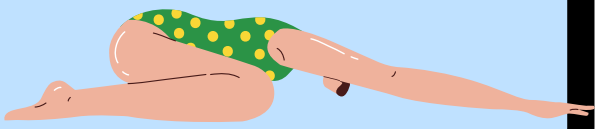
Skręty x20



5x
na każdą stronę

5x
na każdą stronę

Ukłon japoński
x3



Ukłon japoński
x3