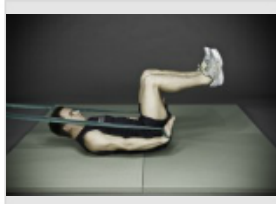
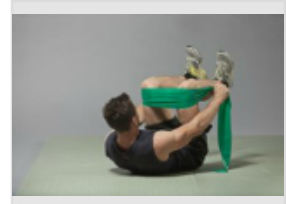
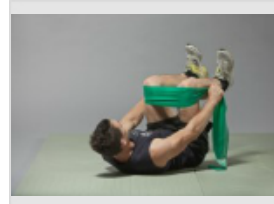


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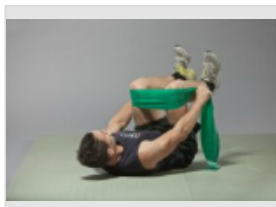
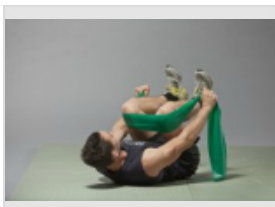
01 Trup dopredu

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



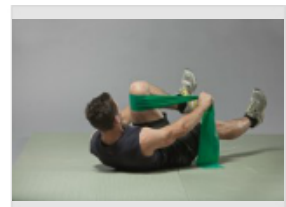
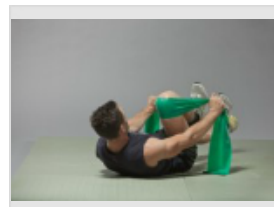
02 Trup dopredu, smer kolená

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



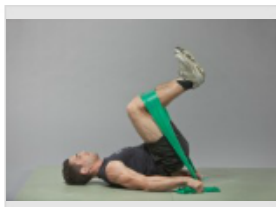
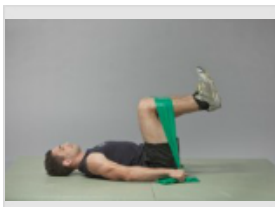
03 Pokrcené nohy do tlaku na thera band

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



04 Striedavo pravá lavá noha

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



05 Zdvíhat zadok

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



06 Obe ruky na jednu nohu

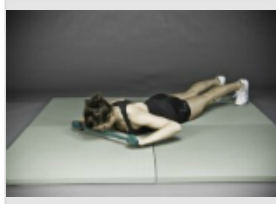
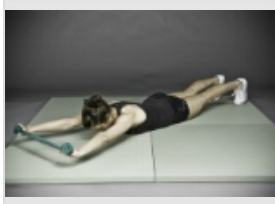
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



07 Zdíhat trup aj krcit kolená

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát

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08 Upažovat, trup vzad

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



09 Trup vzad theraband do kríža nad hlavou

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



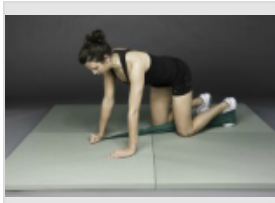
10 Trup vzad theraband do kríža pod hlavou

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



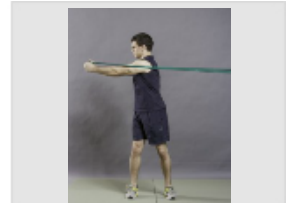
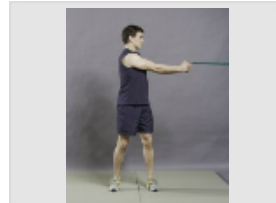
11 Unožovanie jednou nohou

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



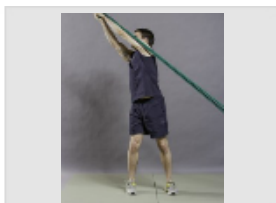
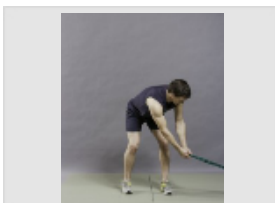
12 Predpažit , zanožit do kríža

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



13 Upaž obomi rukami do strany

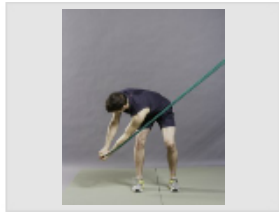
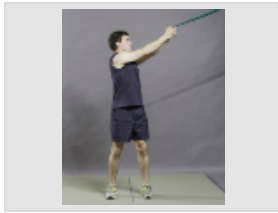
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



14 Z predklonu do záklonu

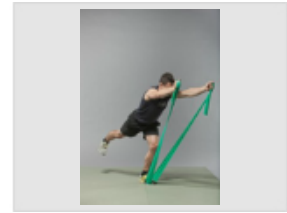
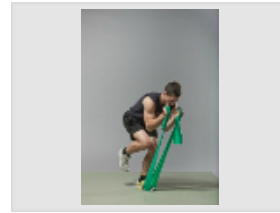
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát

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15 Zhora do predklonu

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



16 Stabilizácia na jednej nohe

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



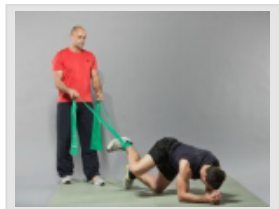
17 Vzpor na laktoch pokrčené koleno dovnútra

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



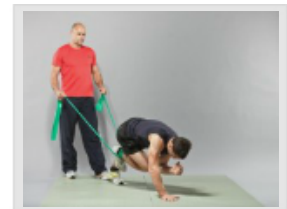
18 Vzpor na laktoch, koleno šikmo do vnútra

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



19 Vzpor na laktoch, unožovat

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



20 Stabilizácia v kluku - koleno laket

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát