

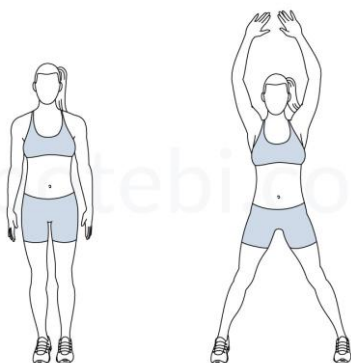
Každý cvik cvičit 25 vteřin

Mezi cviky 10 vteřin pauza

3x opakovat celou sérii cviků

Sportu zdar!

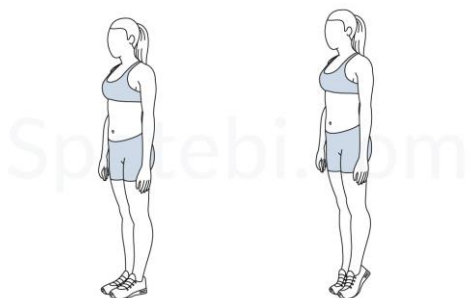
Jumping jacks (panák)



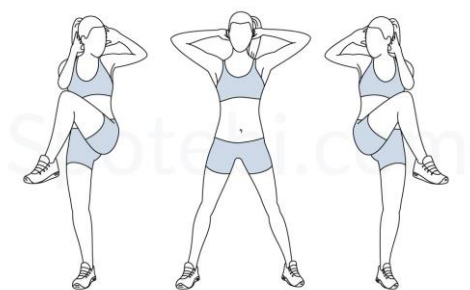
Dřepey



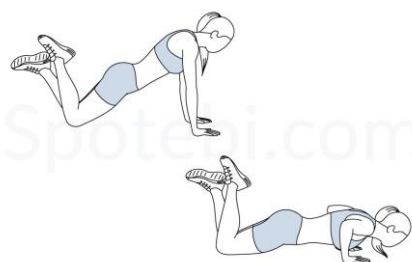
Výpony na špičkách



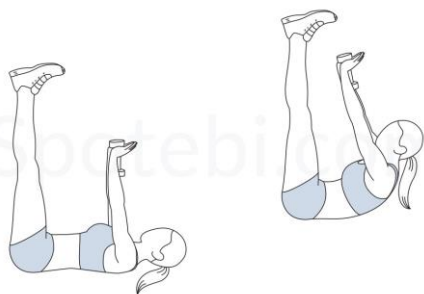
Steam engines (twist ve stoje)



Kliky



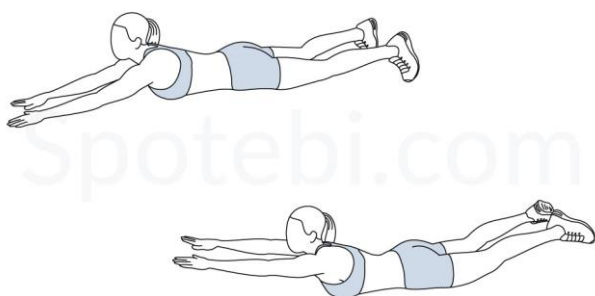
V leže dotyk špiček u nohou



Plank (prkno)



Superman



Pánevní most (bridges)



Skoky přes švihadlo

