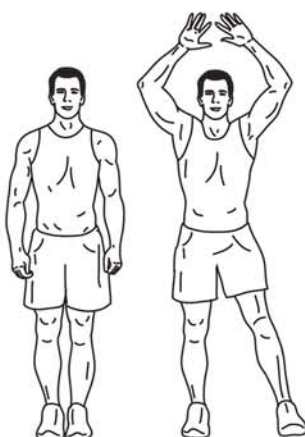


kućni trening

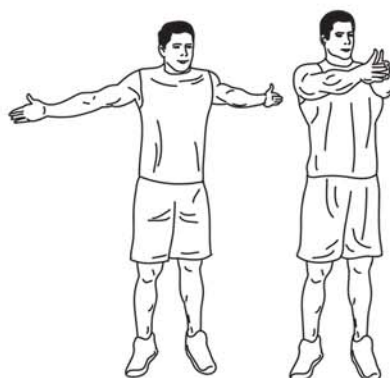
izradio DAREBEE @ darebee.com
ponoviti ukupno 5 puta - odmor do 2 minute



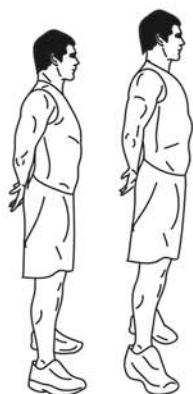
10 rotacija kuka



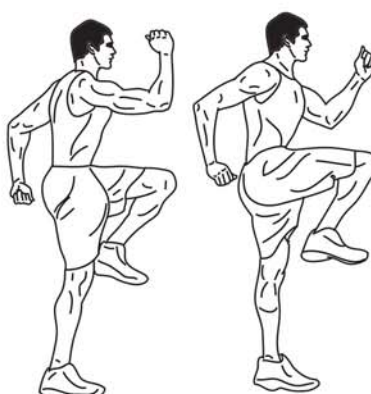
10 raskoraka s odručenjem



10 istezanja prsa



10 podizanja na prste



10 marširajućih koraka