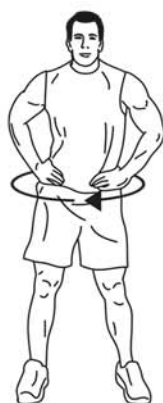


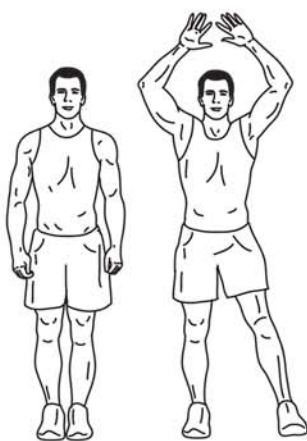
DOMÁCÍ CVIČENÍ

Vyrobena společností DAREBEE @ darebee.com

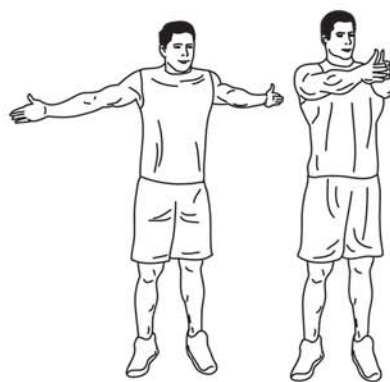
Opakuj celkem 5krát - Odpočívej až 2 minuty



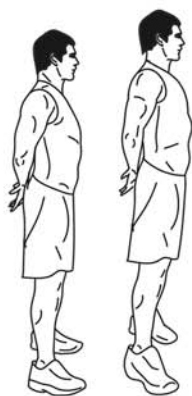
10 rotace v bocích



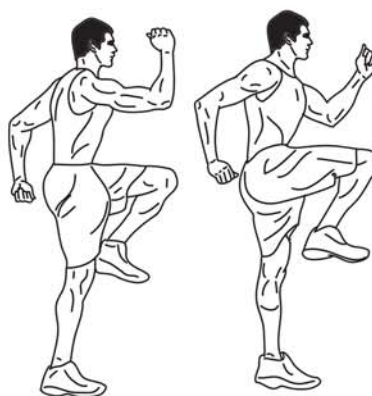
10 úkroky do stran



10 rozpažení



10 oslí výpony



10 pochodové kroky