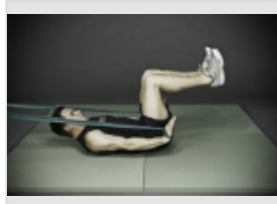
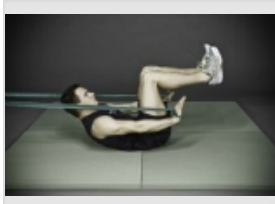
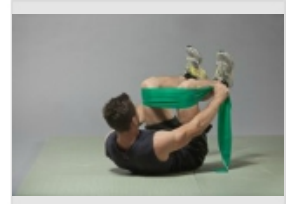
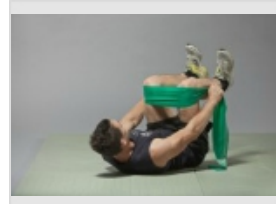


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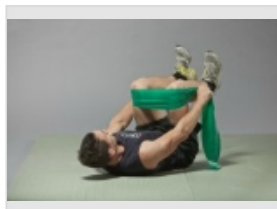
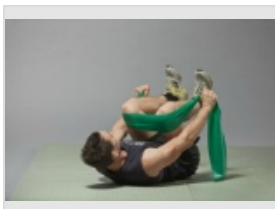
**01** Trup dopredu

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



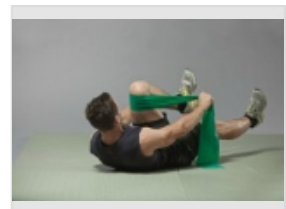
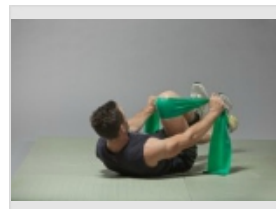
**02** Trup dopredu, smer kolená

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



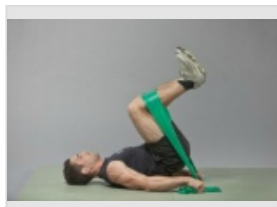
**03** Pokrcené nohy do tlaku na thera band

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

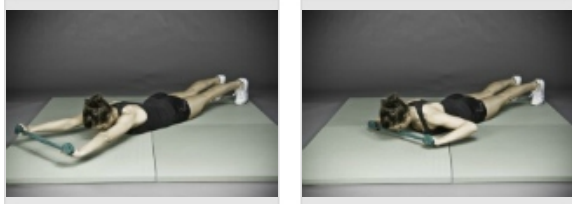
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



**07** Zdíhat trup aj krcit kolená

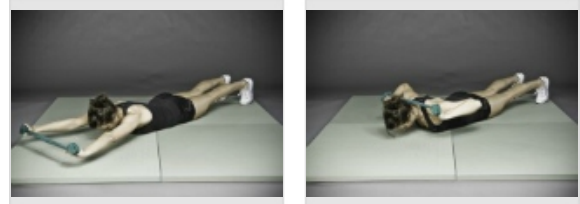
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát

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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



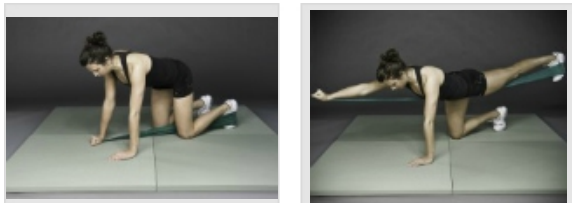
**10** Trup vzad theraband do kríža pod hlavou

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



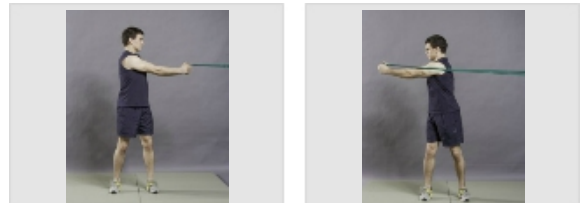
**11** Unožovanie jednou nohou

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



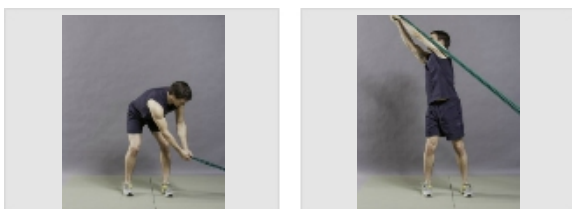
**12** Predpažit , zanožit do kríža

Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



**13** Upaž obomi rukami do strany

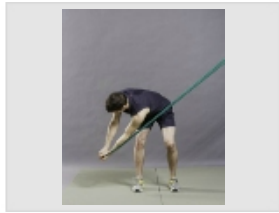
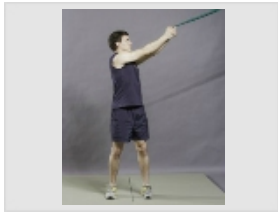
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát



**14** Z predklonu do záklonu

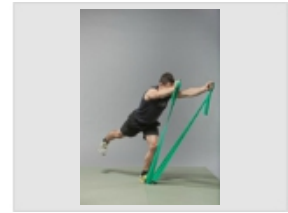
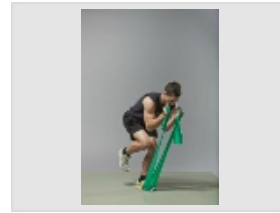
Intensity	Recovery	Frequency
stredná	1 : 1	20 krát

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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