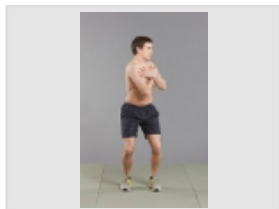
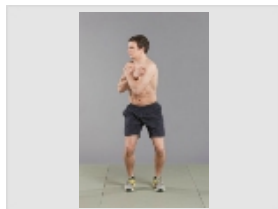


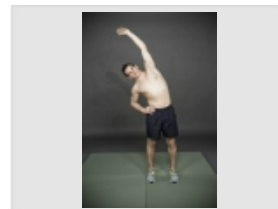
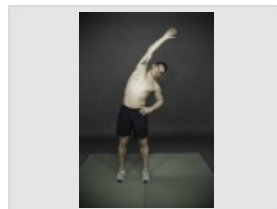
Name: Talent 2014
Training: Neuer Trainingsplan
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Mobilizácia



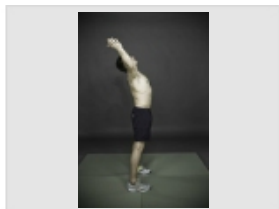
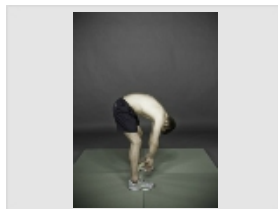
01 Rotácia v stojí

Geschw.	Dauer
Pomalý pohyb	30 sek.



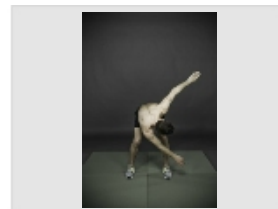
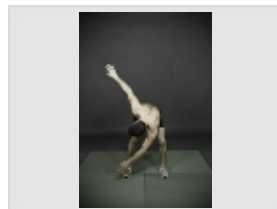
02 Úklony do strán

Geschw.	Dauer
Pomalý pohyb	30 sek.



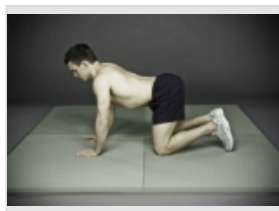
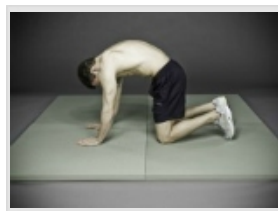
03 Predklon, záklon

Geschw.	Dauer
Pomalý pohyb	30 sek.



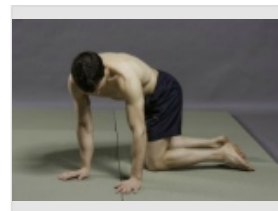
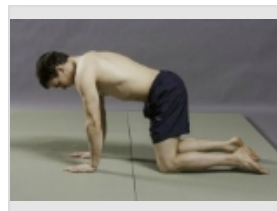
04 Hmity v predklone

Geschw.	Dauer
Pomalý pohyb	30 sek.



05 Výdych do vyhrbenia, nádych do prehnutia

Geschw.	Dauer
Pomalý pohyb	30 sek.



06 Výdych do vyhrbenia, nádych do prehnutia

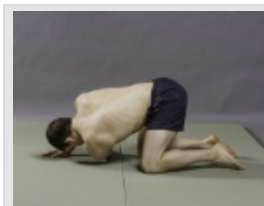
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

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07 Hlboký úklon pod rameno

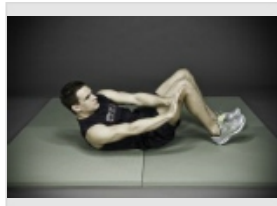
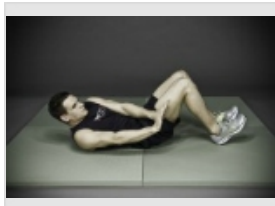
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.



08 Hlboký úklon pod rameno, vytocenie za rukou

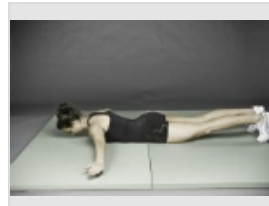
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

Prvá séria



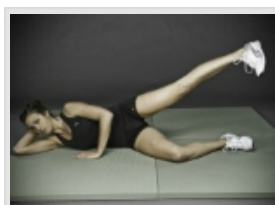
09 Krátke brucho vpravo, vľavo

Geschw.	Dauer
Pomalý pohyb	20 + 20sek.



10 V upažení zapažovat, pomalý pohyb, výdrž 2-3 sek. v krajnej polohe

Geschw.	Dauer
Pomalý pohyb	30 sek.



11 Unožovat, pomalý pohyb, telo vystreté

Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

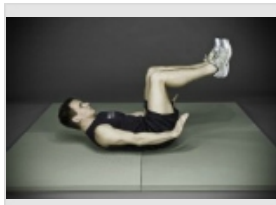


12 Striedavé, pomalé hmyty ľavá noha - pravá ruka a opacne

Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

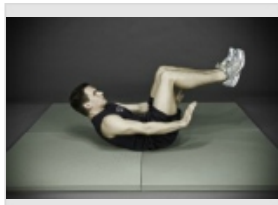
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Druhá séria



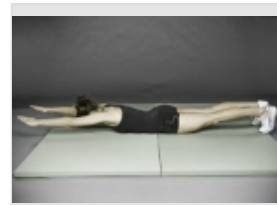
13 Krátke brucho

Geschw.	Dauer
Pomalý pohyb	30 sek.



14 Mierny záklon, nohy tiež zanožiť, pokrčené lakte pomaly vystierať

Geschw.	Dauer
Pomalý pohyb	30 sek.



15 Pokrciť koleno a unožiť

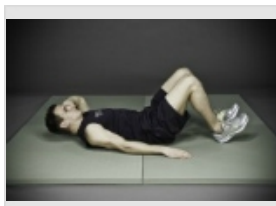
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.



16 Pravý lakť a ľavé koleno k sebe, potom pomalé zanoženie a zapaženie

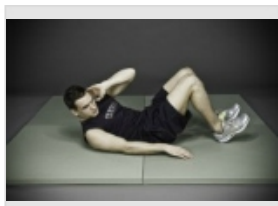
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

Tretia séria

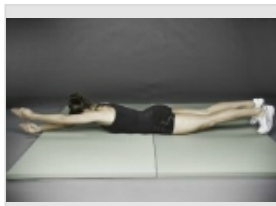


17 Ruka pri uchu, úklony k pokrčeným kolenám

Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

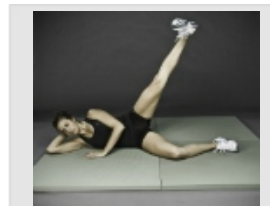
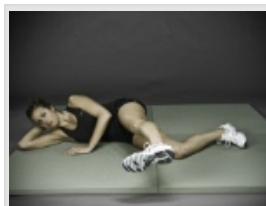


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18 Nohy tiež v zanožení, striedavé hmyty rúk

Geschw.	Dauer
Pomalý pohyb	30 sek.



19 Vystretá noha v prednožení, unožit

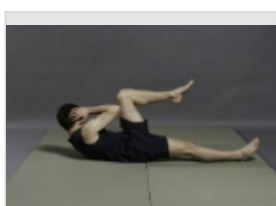
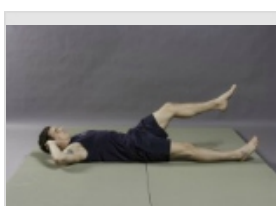
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.



20 Vzpor klacmo, zanožovanie pokrčenej nohy

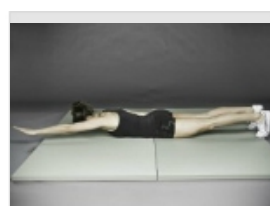
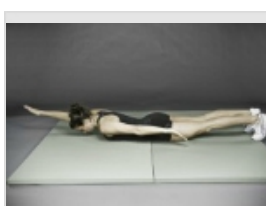
Geschw.	Dauer
Pomalý pohyb	20 + 20sek.

Štvrtá séria



21 Ruky vďaka uší, striedavý predklon pravý lakeť, ľavé koleno a opačne

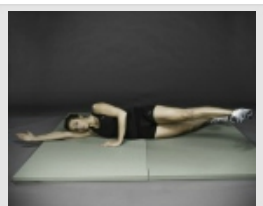
Geschw.	Dauer
Pomalý pohyb	30 sek.



22 Striedavo pravá, ľavá ruka vzpažit, pripažit. Pomalé pohyby.

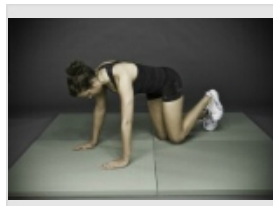
Geschw.	Dauer
Pomalý pohyb	30 sek.

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23 Pomalá pohyb nôh, striedavo pravá vpredu, lavá vzadu.

Geschw.	Dauer
Pomalý pohyb	20 + 20sek.



24 Unožovanie pokrčeným kolenom. Pomalý pohyb

Geschw.	Dauer
Pomalý pohyb	20 + 20sek.