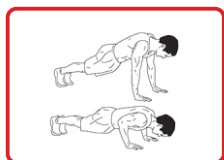


SESTAVA CVIČENÍ

počet opakování série : 2 - 3



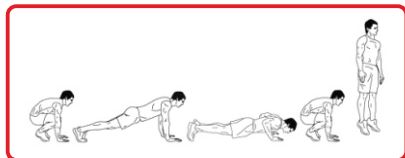
PRKNO 30 sek



KLIKY 10x



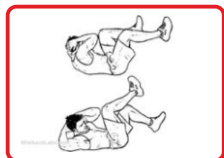
DŘEP - VÝSKOK 10x



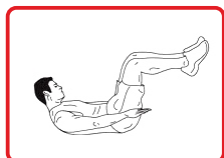
ANGLIČÁK 10x



STOLIČKA 30 sek



CYKLO SKLAPOVAČKA
10x



BŘICHO výdrž 30 sek