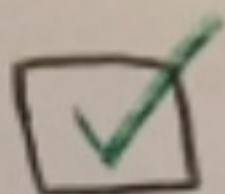
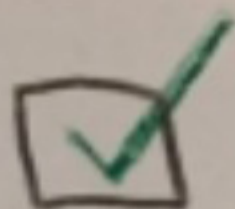


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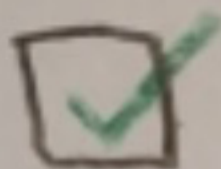
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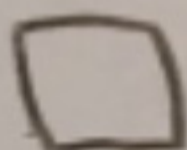
15 KLIKŮ



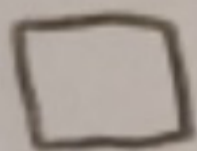
30s PRKNO



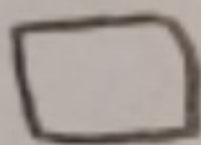
20 SEDŮ-LEHŮ



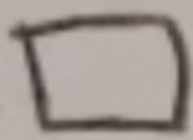
30 PANAČ



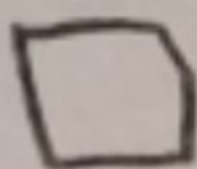
15 DŘEP S VÝSKOKEM



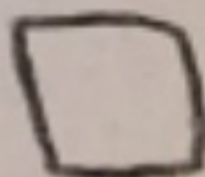
1min. BĚH NA MÍSTĚ



1min. JÍŽDA NA KOLE
(vleže na zádech)



10 NŮŽKY NOHAMA
(vleže na zádech)



+ PROTÁHOVACÍ CVIKY