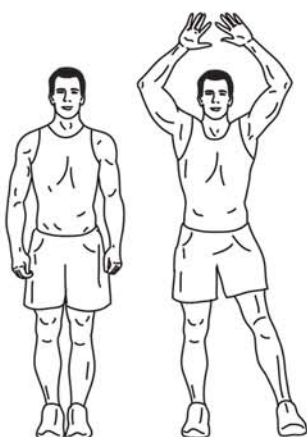


Domáča vadbá

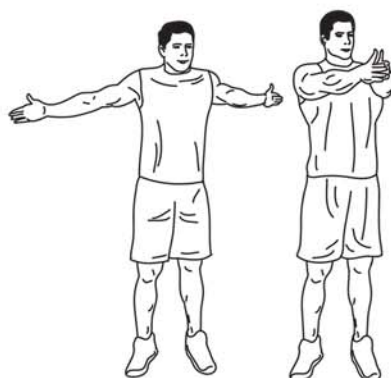
pripravil DAREBEE @ darebee.com
vse vaje ponovi 5 krat - do 2 minuti odmora



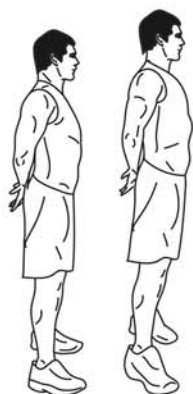
10 rotacija kolka



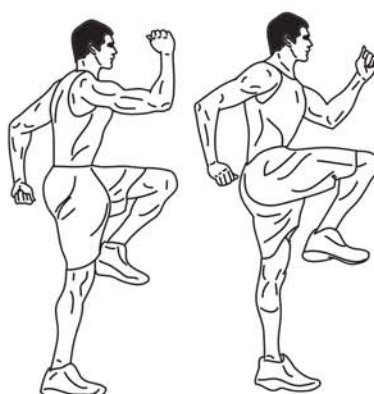
10 razkorak z odročenjem



10 razteg prsi



10 dvig na prste



10 korakanje na mestu