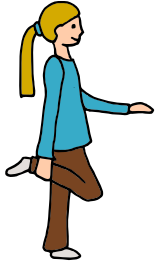


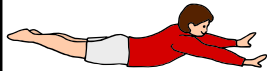
# Vježbe



Istegni svaku nogu i broji do 5



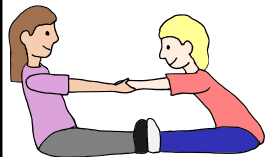
Ruke iznad glave - 10 puta



Na podu dignite ruke i noge - broji do 3



Legni i povuci se rukama 5 puta



Spojite noge i povucite se rukama



Lagano trčanje od 5 minuta