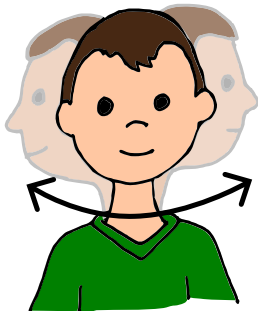


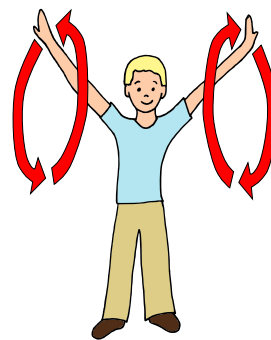
# Vježbe



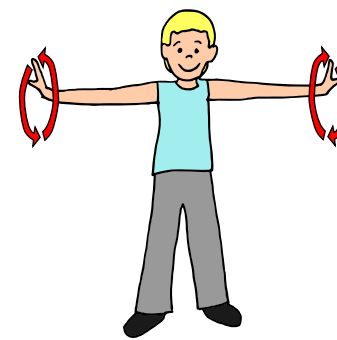
10x okreći glavu na lijevu i desnu stranu



Spoji šake iznad glave



Vrti rukama



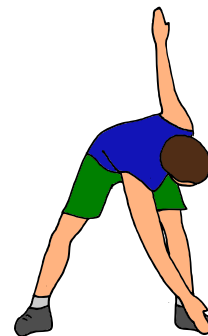
Vrti šakama



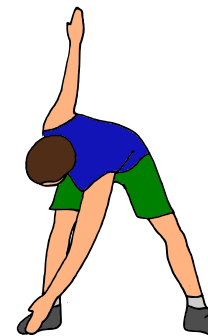
Digni desnu ruku preko glave



Digni lijevu ruku preko glave



Dodirni lijevom rukom desno stopalo



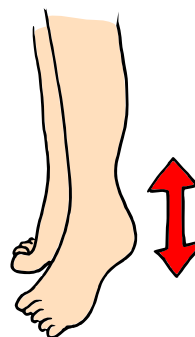
Dodirni desnom rukom lijevo stopalo



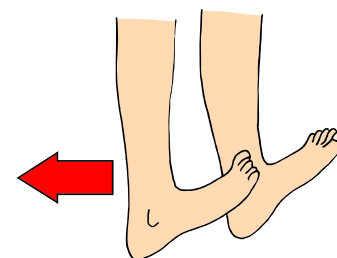
Skoči visoko



Hodaj kao medvjed



Hodaj na prstima



Hodaj na petama