

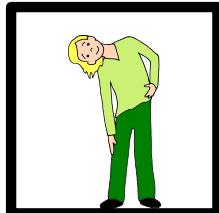
# Vježbe

1.



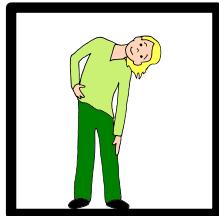
digni ruke i spusti ruke 10x

2.



napravi otklon s rukama uz tijelo na jednu

3.



pa na drugu stranu i ponovi 10x

4.



vrti rukama

5.



vrti šakama

6.



lijevim laktom dodirni desno koljeno; desnim laktom lijevo koljeno

7.



skoči visoko 10x