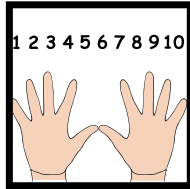


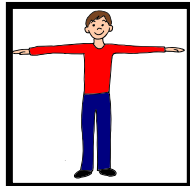
Tjelovježba



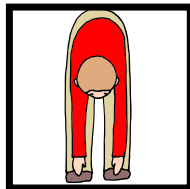
Duboko udahni i izdahni



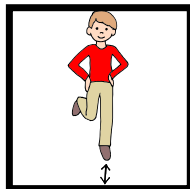
Broji do 10 (ili otvori i zatvori šake)



Raširi ruke



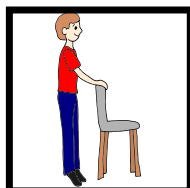
Dodirni stopala



Poskoči na jednoj nozi



Čučni i zagrli svoje tijelo



Stani na prste



Stani na pete