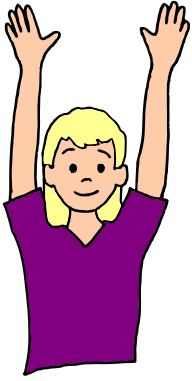
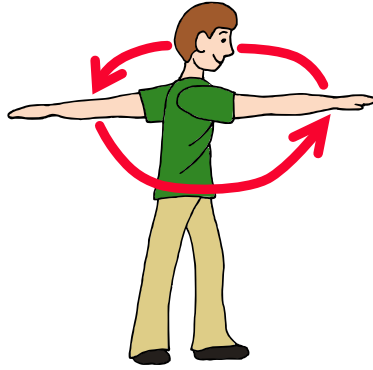


Vježbe



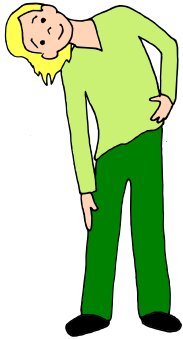
Digni ruke 10 puta



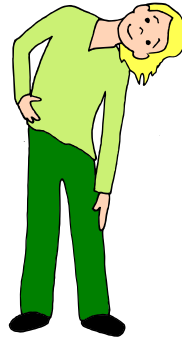
Okreći ruke



Kruži rukama naprijed i iza



Nagni se desno



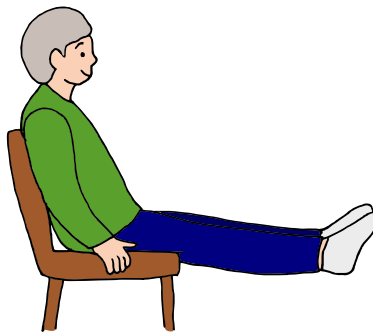
Nagni se lijevo



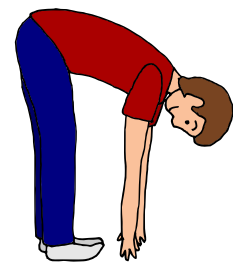
Napravi 10 čučnjeva



Napravi 10 trbušnjaka



Digni noge i broji do 10



Dodirni prste 10 puta