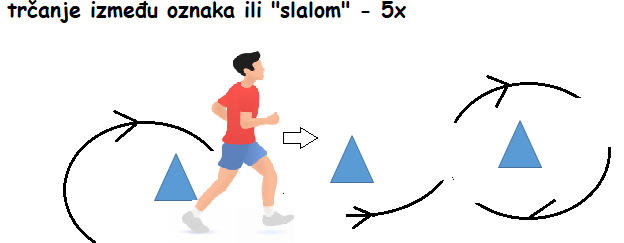
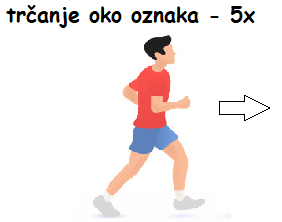
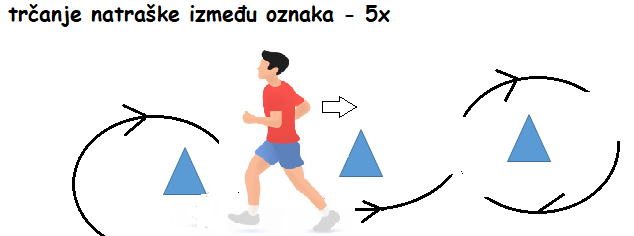
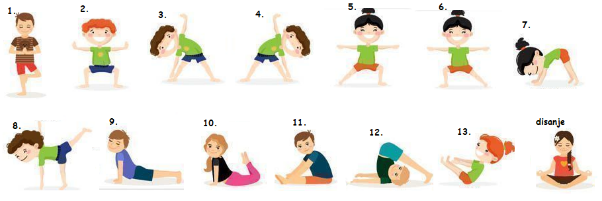
Nastavna tema: **Trčanje sa zadacima**

Postavite 3 oznake, svaka na razmaku od druge oko 2 metra. Kao oznake mogu poslužit čunjevi, prazne plastične boce ili stolice.

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nastavna tema:  **joga za istezanje**