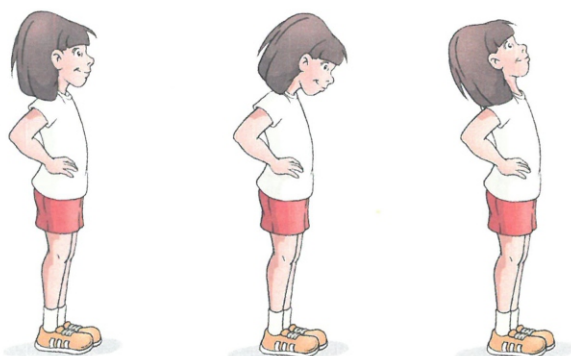


ВЕЖБИ ЗА ЗАГРЕВАЊЕ И ИСТЕГНУВАЊЕ

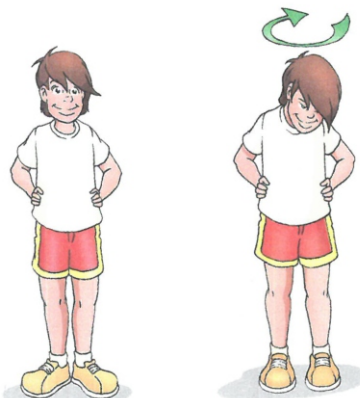
ПРВ КОМПЛЕКС ВЕЖБИ

Вежба 1



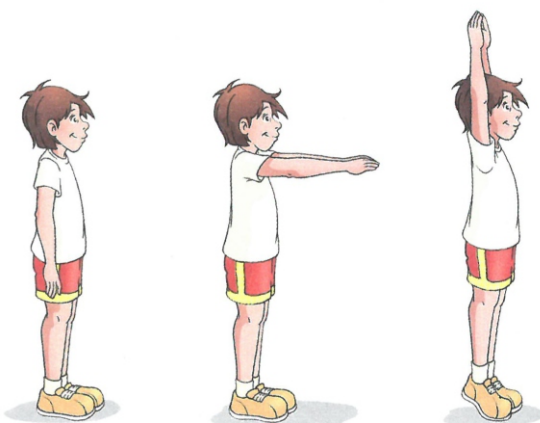
Почетна
положба

Вежба 2



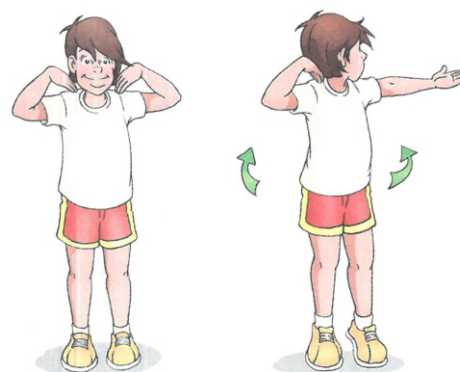
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Вежба 3



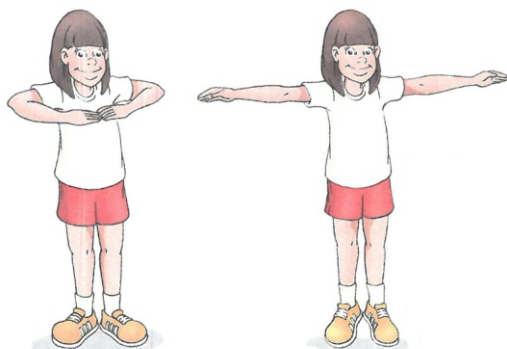
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Вежба 4



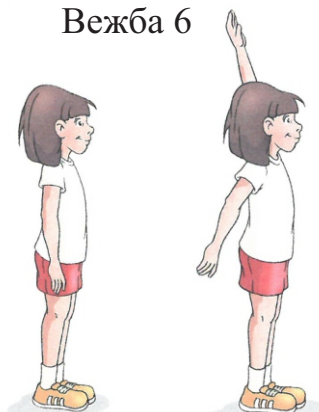
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положба

Вежба 5



Почетна
положба

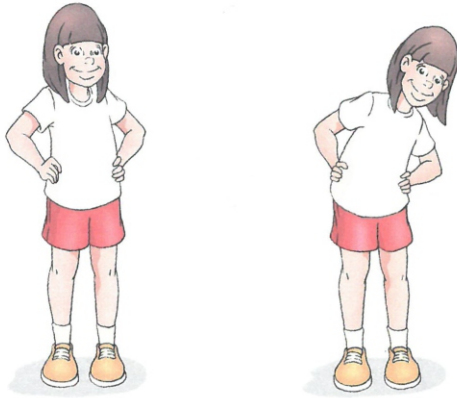
Вежба 6



Почетна
положба

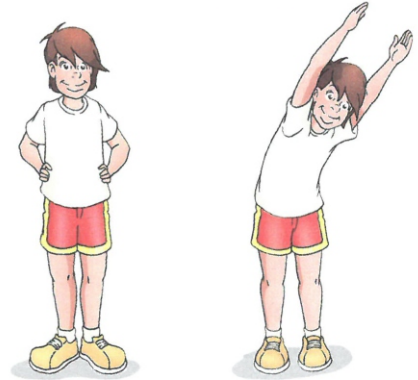
ВЕЖБИ ЗА ЗАГРЕВАЊЕ И ИСТЕГНУВАЊЕ

Вежба 7



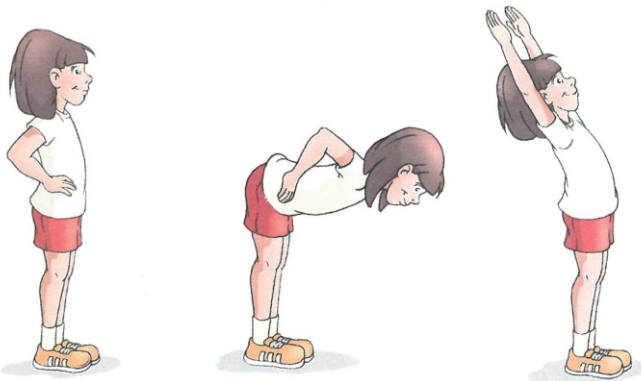
Почетна
положба

Вежба 8



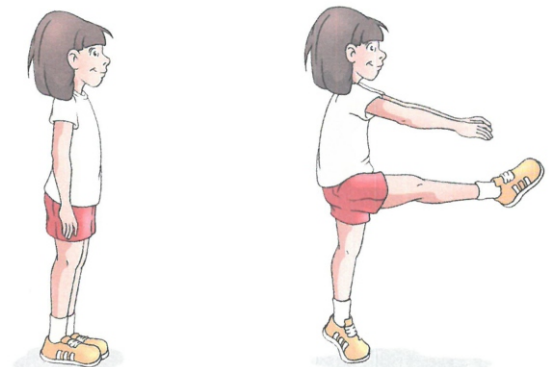
Почетна
положба

Вежба 9



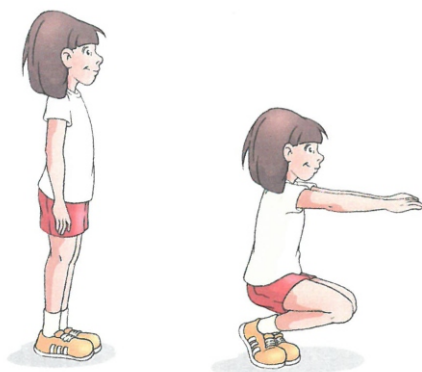
Почетна
положба

Вежба 10



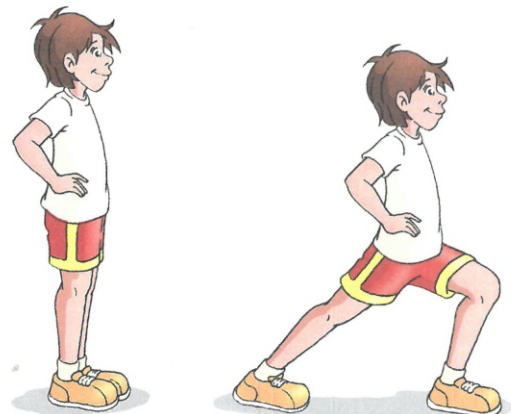
Почетна
положба

Вежба 11



Почетна
положба

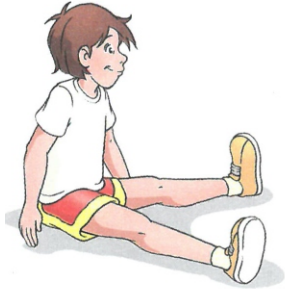
Вежба 12



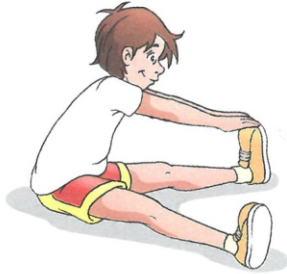
Почетна
положба

ВЕЖБИ ЗА ЗАГРЕВАЊЕ И ИСТЕГНУВАЊЕ

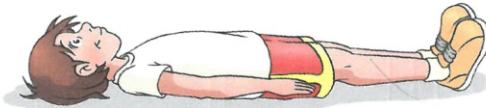
Вежба 13



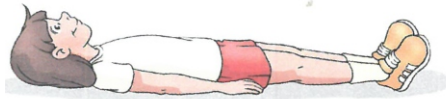
Почетна
положба



Вежба 14



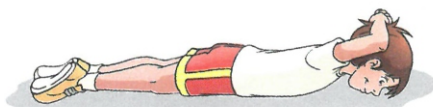
Почетна
положба



Почетна
положба



Вежба 16



Почетна
положба

