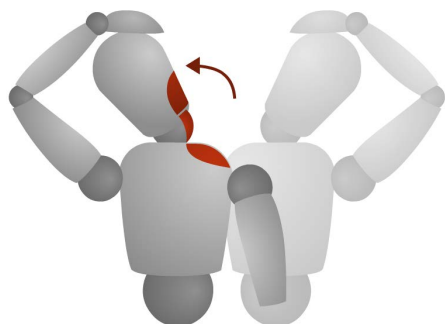


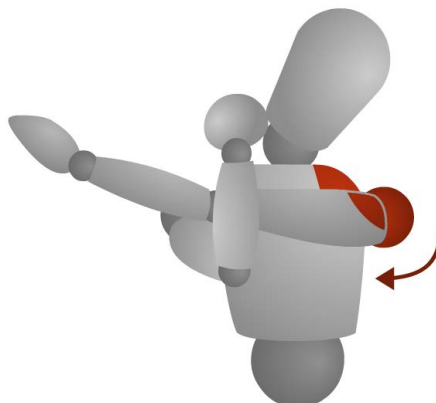
Protahovací cviky

Cviky provádějte 15 sekund na obě strany.

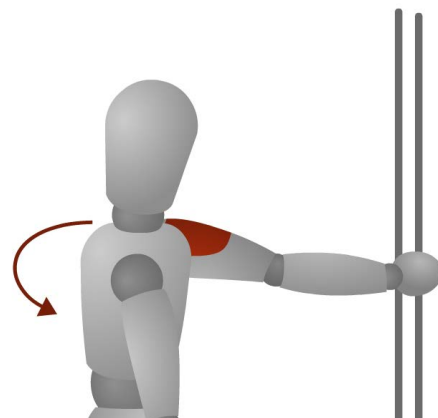
Krk



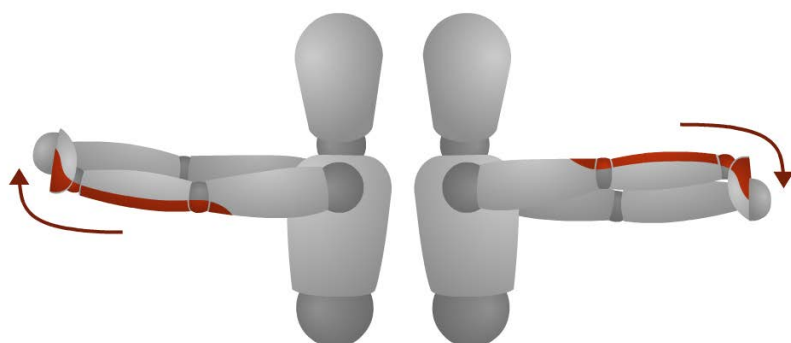
Ramena



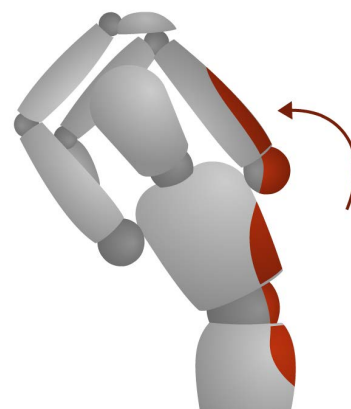
Ramena a záda



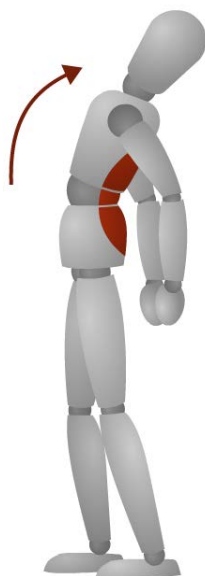
Předloktí a zápěstí



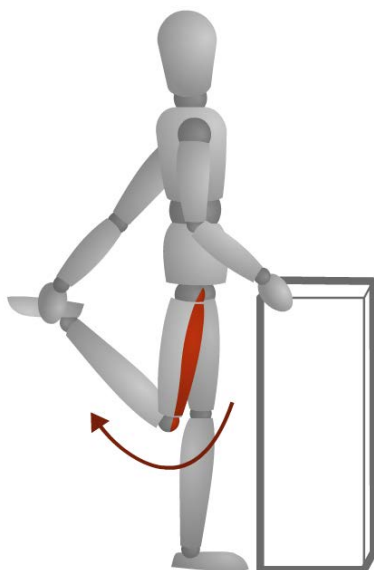
Záda a boky



Záda



Kvadriceps



Hamstring

