| | | | | | | | - | 1 .0 | |
|----|----|----|----|----|----|----|----|------|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | 29 | 44 | 39 | 59 | 24 | 69 | 74 | 34 | 19 |
| 16 | 36 | 46 | 26 | 16 | 66 | 26 | 16 | 56 | 46 |
| 30 | 65 | 90 | 65 | 75 | 90 | 95 | 90 | 90 | 65 |

2Д3Р

| -1401 | | | | F . | T 6 | 7 | 8 | 9 | 10 |
|-------|-----|-----|-----|-----|-----|----|----|-----|----|
| 13 | 39 | 76 | 19 | 24 | 14 | 43 | 24 | 38 | 36 |
| 26 | 26 | -62 | 56 | 16 | 46 | 11 | 16 | -24 | 23 |
| 26 | -45 | 46 | -22 | 18 | 14 | 26 | 19 | 46 | 16 |
| 65 | 20 | 60 | 53 | 58 | 74 | 80 | 59 | 60 | 75 |

2Л4Р

| - bed as | | 1 2 | 1 4 | 1 5 | 1 6 | 7 | 8 | 9 | 10 |
|----------|----|-----|-----|-----|-----|-----|-----|-----|-----|
| 43 | 24 | 46 | 49 | 57 | 39 | 69 | 19 | 19 | 29 |
| 13 | 38 | -22 | 16 | -43 | 28 | -25 | 46 | 46 | 59 |
| -32 | 17 | 16 | -42 | 29 | -23 | 16 | -31 | -11 | -74 |
| 66 | 16 | 17 | 67 | 16 | 16 | 13 | 29 | 45 | 46 |
| 90 | 95 | 57 | 90 | 59 | 60 | 73 | 63 | 99 | 60 |

| 1 | 1 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|----|-----|----|-----|-----|-----|
| 57 | 29 | 14 | 31 | 24 | 14 | 23 | 43 | 12 | 87 |
| -35 | 36 | 66 | 28 | 24 | 26 | 18 | 16 | 47 | -53 |
| 27 | -43 | 15 | 26 | 11 | 15 | 18 | 16 | 26 | 26 |
| 26 | 36 | -44 | -33 | 16 | -41 | 16 | -64 | -22 | 19 |
| 75 | 58 | 51 | 52 | 75 | 14 | 75 | 11 | 63 | 79 |

| | T 2 | 1 2 | T 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|
| 31 | 85 | 38 | 22 | 33 | 32 | 57 | 33 | 85 | 23 |
| 18 | -61 | -24 | 53 | 16 | 44 | -43 | 13 | -61 | 36 |
| 16 | 16 | 16 | -61 | 16 | -22 | 26 | 13 | 16 | 36 |
| -41 | 13 | 19 | 16 | -11 | 16 | 38 | 16 | 17 | -71 |
| 24 | 53 | 49 | 30 | 54 | 70 | 78 | 75 | 57 | 24 |

2Д5Р

| 43 | 40 | 90 | 80 | 96 | 95 | 75 | 40 | 40 | 33 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| -44 | -30 | 46 | 36 | 18 | 46 | 16 | -30 | -20 | -54 |
| 27 | 46 | -31 | -41 | 38 | 18 | 24 | 36 | 46 | 47 |
| 46 | -11 | 48 | 16 | 26 | 27 | 11 | -53 | -11 | 26 |
| -14 | 23 | 14 | 25 | -14 | -11 | -35 | 49 | 13 | -12 |
| 28 | 12 | 13 | 44 | 28 | 15 | 59 | 38 | 12 | 26 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| 40 | 85 | 85 | 30 | 34 | 91 | 90 | 20 | 70 | 75 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| -40 | 16 | 17 | -40 | -11 | 19 | 26 | -40 | 16 | 16 |
| 46 | 45 | 38 | 46 | 16 | 32 | -13 | 26 | -24 | 45 |
| -33 | -12 | 16 | -13 | 16 | 26 | 48 | -33 | 39 | -11 |
| 24 | 23 | -15 | 14 | -23 | -43 | 17 | 48 | 17 | 13 |
| 43 | 13 | 29 | 23 | 36 | 57 | 12 | 19 | 22 | 12 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Старшие товарищи +5

Фундаментальное упражнение:

| 5 + 5 | 7 + 5 | 9 + 5 | 15 + 15 | 16 + 45 | 38 + 25 |
|-------|-------|-------|---------|---------|---------|
| 6+5 | 8 + 5 | | 19 + 15 | 27 + 35 | 49 + 15 |

1Д5Р

8 3

8 3

3

E 3

E 3

E 3

| TH2: | | | | | | | | | |
|------|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3 | 8 | 3 | 7 | 6 | 9 | 4 | 5 | 4 | 2 |
| 4 | 5 | 3 | 5 | -2 | 8 | 7 | -3 | 3 | 3 |
| -3 | 3 | 5 | 3 | 4 | 9 | 7 | 7 | 9 | 5 |
| 1 | -2 | 4 | -2 | 7 | 5 | 5 | 5 | 5 | 8 |
| 5 | 6 | -2 | 4 | 5 | 4 | 7 | 9 | 8 | 7 |
| 10 | 20 | 13 | 17 | 20 | 35 | 30 | 23 | 29 | 25 |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------|-----------|----|----|----|----|----|----------|----|----|----|
| | 4 | 3 | 4 | 6 | 7 | 9 | 7 | 6 | 8 | 4 |
| | 4 | 8 | 2 | -4 | 5 | -6 | 8 | 5 | -4 | 9 |
| | 5 | 4 | 5 | 3 | 6 | 4 | -2 | 8 | 7 | 6 |
| <u>4P</u> | 2 | 5 | 6 | 5 | 7 | 5 | 3 | 7 | 4 | 5 |
| 5P | <u>-1</u> | 9 | 8 | 7 | 5 | 3 | <u>5</u> | 5 | 5 | 6 |
| 4P | 15 | 20 | 17 | 10 | 25 | 12 | 16 | 26 | 15 | 24 |
| 5P | 14 | 29 | 25 | 17 | 30 | 15 | 21 | 31 | 20 | 30 |

1Д 5-8Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | - 8 | 9 | 10 |
|----|--|---|--|--|---|---|--|---|---|
| 2 | 8 | 3 | 9 | 4 | 6 | 7 | 4 | 9 | 8 |
| 3 | 8 | 9 | 6 | 7 | -2 | 5 | 4 | 8 | 5 |
| -4 | 5 | 4 | -2 | 4 | 3 | 7 | 8 | 5 | 8 |
| 6 | 4 | 5 | 3 | 5 | 8 | 6 | 5 | 6 | 7 |
| 5 | -3 | 7 | 5 | 8 | 5 | 5 | 9 | 7 | 5 |
| 4 | 3 | <u>5</u> | 4 | 5 | <u>5</u> | 4 | 7 | 5 | 2 |
| 5 | 5 | 2 | 5 | 4 | 5 | 2 | 5 | 6 | 5 |
| 4 | 8 | <u>5</u> | <u>5</u> | <u>5</u> | <u>6</u> | <u>5</u> | 3 | <u>-2</u> | 7 |
| 12 | 22 | 28 | 21 | 28 | 20 | 30 | 30 | 35 | 33 |
| 16 | 25 | 33 | 25 | 33 | 25 | 34 | 37 | 40 | 35 |
| 21 | 30 | 35 | 30 | 37 | 30 | 36 | 42 | 46 | 40 |
| 25 | 38 | 40 | 35 | 42 | 36 | 41 | 45 | 44 | 47 |
| | 3 -4 6 <u>5</u> 4 <u>5</u> 4 12 16 21 | 2 8 8 8 8 -4 5 6 4 5 -3 4 3 5 5 5 4 8 8 12 22 16 25 21 30 | 2 8 3 3 8 9 -4 5 4 6 4 5 5 -3 7 4 3 5 5 2 2 4 8 5 12 22 28 16 25 33 21 30 35 | 2 8 3 9 3 8 9 6 -4 5 4 -2 6 4 5 3 5 -3 7 5 4 3 5 4 5 5 2 5 4 8 5 5 12 22 28 21 16 25 33 25 21 30 35 30 | 2 8 3 9 4 3 8 9 6 7 -4 5 4 -2 4 6 4 5 3 5 5 -3 7 5 8 4 3 5 4 5 5 5 2 5 4 4 8 5 5 5 12 22 28 21 28 16 25 33 25 33 21 30 35 30 37 | 2 8 3 9 4 6 3 8 9 6 7 -2 -4 5 4 -2 4 3 6 4 5 3 5 8 5 -3 7 5 8 5 4 3 5 4 5 5 5 5 2 5 4 5 5 5 5 5 6 12 22 28 21 28 20 16 25 33 25 33 25 21 30 35 30 37 30 | 2 8 3 9 4 6 7 3 8 9 6 7 -2 5 -4 5 4 -2 4 3 7 6 4 5 3 5 8 6 5 -3 7 5 8 5 5 4 3 5 4 5 5 4 5 5 2 5 4 5 2 2 4 8 5 5 5 6 5 12 22 28 21 28 20 30 16 25 33 25 33 25 34 21 30 35 30 37 30 36 | 2 8 3 9 4 6 7 4 3 8 9 6 7 -2 5 4 -4 5 4 -2 4 3 7 8 6 4 5 3 5 8 6 5 5 -3 7 5 8 5 5 9 4 3 5 4 5 5 4 7 5 5 2 5 4 5 2 5 4 8 5 5 5 6 5 3 12 22 28 21 28 20 30 30 16 25 33 25 33 25 34 37 21 30 35 30 37 30 36 42 | 2 8 3 9 4 6 7 4 9 3 8 9 6 7 -2 5 4 8 -4 5 4 -2 4 3 7 8 5 6 4 5 3 5 8 6 5 6 5 -3 7 5 8 5 5 9 7 4 3 5 4 5 2 5 4 7 5 5 5 2 5 4 5 2 5 6 4 8 5 5 6 5 3 -2 12 22 28 21 28 20 30 30 35 16 25 33 25 33 25 34 37 40 21 30 35 30 37 30 36 42 46 |

1Д 8-10Р

| -M 0 -10 | | | | | | | | | |
|----------|--|---|---|---|---|--|---|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2 | 7 | 9 | 2 | 4 | 4 | 6 | 4 | 8 | 3 |
| 4 | 8 | 5 | 4 | 3 | 4 | -2 | 7 | 8 | 2 |
| 5 | -3 | 3 | 9 | 9 | 8 | -3 | 8 | -3 | -1 |
| 8 | -1 | 8 | -1 | 5 | 5 | 4 | 5 | 4 | 8 |
| 7 | 4 | -4 | -3 | 8 | 8 | 5 | 8 | 5 | 7 |
| 5 | -2 | 7 | 4 | 7 | 9 | 8 | 3 | 9 | 6 |
| 4 | 8 | 7 | 5 | -2/ | -4 | 9 | -2 | 7 | -4 |
| -2 | 7 | -2 | 8 | 4 | 2 | 5 | 4 | 8 | 8 |
| 3 | <u>5</u> | 6 | 8 | 5 | 5 | 7 | <u>5</u> | -2 | 5 |
| 5 | 6 | 5 | 5 | 3 | 4 | 6 | 3 | 3 | 7 |
| 33 | 28 | 33 | 28 | 38 | 36 | 32 | 37 | 46 | 29 |
| 36 | 33 | 39 | 36 | 43 | 41 | 39 | 42 | 44 | 34 |
| 41 | 39 | 44 | 41 | 46 | 45 | 45 | 45 | 47 | 41 |
| | 1 2 4 5 8 7 5 4 <u>-2 3 5 5 33 36 </u> | 1 2 7 4 8 5 -3 8 -1 7 4 5 -2 4 8 -2 7 3 5 6 33 28 36 33 | 1 2 3 2 7 9 4 8 5 5 -3 3 8 -1 8 7 4 -4 5 -2 7 4 8 7 -2 7 -2 3 5 6 5 6 5 33 28 33 36 33 39 | 1 2 3 4 2 7 9 2 4 8 5 4 5 -3 3 9 8 -1 8 -1 7 4 -4 -3 5 -2 7 4 4 8 7 5 -2 7 -2 8 3 5 6 8 5 6 5 5 33 28 33 28 36 33 39 36 | 1 2 3 4 5 2 7 9 2 4 4 8 5 4 3 5 -3 3 9 9 8 -1 8 -1 5 7 4 -4 -3 8 5 -2 7 4 7 4 8 7 5 -2 -2 7 -2 8 4 2 7 -2 8 4 3 5 6 8 5 5 6 5 5 3 33 28 33 28 38 36 33 39 36 43 | 1 2 3 4 5 6 2 7 9 2 4 4 4 8 5 4 3 4 5 -3 3 9 9 8 8 -1 5 5 5 7 4 -4 -3 8 8 5 -2 7 4 7 9 4 8 7 5 -2 -4 -2 7 -2 8 4 2 3 5 6 8 5 5 5 6 5 5 3 4 33 28 33 28 38 36 36 33 39 36 43 41 | 1 2 3 4 5 6 7 2 7 9 2 4 4 6 4 8 5 4 3 4 -2 5 -3 3 9 9 8 -3 8 -1 8 -1 5 5 4 7 4 -4 -3 8 8 5 5 -2 7 4 7 9 8 4 8 7 5 -2 -4 9 -2 7 -2 8 4 2 5 2 2 2 8 5 5 7 5 6 5 5 3 4 6 33 28 33 28 38 36 32 36 33 39 36 43 41 39 | 1 2 3 4 5 6 7 8 2 7 9 2 4 4 6 4 4 8 5 4 3 4 -2 7 5 -3 3 9 9 8 -3 8 8 -1 8 -1 5 5 4 5 7 4 -4 -3 8 8 5 8 5 -2 7 4 7 9 8 3 4 8 7 5 -2 -4 9 -2 -2 7 -2 8 4 2 5 4 3 5 6 8 5 5 7 5 5 6 5 5 3 4 6 3 33 28 33 28 38 36 32 37 36 33 39 36 43 41 39 42 | 1 2 3 4 5 6 7 8 9 2 7 9 2 4 4 6 4 8 4 8 5 4 3 4 -2 7 8 5 -3 3 9 9 8 -3 8 -3 8 -1 8 -1 5 5 4 5 4 7 4 -4 -3 8 8 5 8 5 5 -2 7 4 7 9 8 3 9 4 8 7 5 -2 -4 9 -2 7 -2 7 -2 8 4 2 5 4 8 3 5 6 8 5 5 7 5 -2 5 6 5 5 3 4 6 3 3 33 28 33 28 38 36 32 37 46 36 33 39 36 43 41 39 42 44 |