

Переход через 50 (-2)

Фундаментальное упражнение:

| | | |
|--------|---------|---------|
| 50 - 2 | 60 - 12 | 80 - 32 |
| 51 - 2 | 71 - 22 | 91 - 42 |

2Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 32 | 54 | 86 | 47 | 24 | 19 | 62 | 38 | 76 | 93 |
| 19 | 12 | -39 | 27 | 27 | 31 | 18 | 33 | 14 | -18 |
| 14 | 15 | 24 | -19 | -36 | 28 | -32 | -22 | -42 | -14 |
| 26 | -32 | -22 | 25 | 65 | 13 | -24 | 34 | -14 | -12 |
| -42 | 11 | 33 | -32 | -32 | -42 | 46 | -39 | -29 | 43 |
| 49 | 60 | 82 | 48 | 48 | 49 | 70 | 44 | 5 | 92 |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 16 | 28 | 76 | 43 | 19 | 62 | 57 | 81 | 96 | 34 |
| 45 | 24 | -14 | 28 | 33 | -18 | 14 | -32 | -33 | 26 |
| -12 | 23 | -18 | -22 | 14 | 29 | -22 | 24 | 14 | -12 |
| 27 | 15 | 36 | 11 | 14 | 17 | 36 | -29 | 14 | 33 |
| 18 | -42 | -32 | -18 | -32 | -42 | -39 | 49 | -42 | -37 |
| 94 | 48 | 48 | 42 | 48 | 48 | 46 | 93 | 49 | 44 |

2Д 6-10Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 31 | 49 | 17 | 48 | 24 | 77 | 81 | 90 | 35 | 14 |
| 30 | 31 | 64 | 47 | 36 | 14 | -32 | -42 | 25 | 47 |
| -12 | -32 | -32 | -14 | -12 | -42 | 28 | 33 | -12 | -12 |
| 28 | 43 | 45 | -32 | 23 | 21 | 14 | -10 | 23 | 32 |
| 14 | -42 | -71 | 24 | 19 | 10 | -42 | -22 | 10 | -10 |
| 6Р | -42 | 24 | 47 | 18 | -42 | -32 | 38 | 38 | -32 |
| 7Р | 37 | 19 | -22 | -42 | 24 | 28 | -43 | -16 | 24 |
| 8Р | -43 | -43 | 36 | 21 | 19 | 15 | 26 | -22 | 18 |
| 9Р | 28 | 21 | -45 | 10 | -42 | -42 | 10 | 21 | -42 |
| 10Р | -22 | -22 | 21 | -32 | 28 | 32 | -32 | 14 | 28 |
| 6Р | 49 | 73 | 70 | 91 | 48 | 48 | 87 | 87 | 49 |
| 7Р | 86 | 92 | 48 | 49 | 72 | 76 | 44 | 71 | 73 |
| 8Р | 43 | 49 | 84 | 70 | 91 | 91 | 70 | 49 | 91 |
| 9Р | 71 | 70 | 39 | 80 | 49 | 49 | 80 | 70 | 49 |
| 10Р | 49 | 48 | 60 | 48 | 77 | 81 | 48 | 84 | 77 |

3Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|------|------|------|------|------|------|------|------|------|------|
| 245 | 467 | 715 | 549 | 315 | 248 | 946 | 815 | 639 | 548 |
| 366 | 245 | -222 | 264 | 398 | 366 | -697 | -324 | 273 | 213 |
| -122 | -227 | 168 | -328 | -224 | -128 | 464 | -142 | -425 | 154 |
| 161 | 186 | 290 | 232 | 361 | 285 | -223 | 111 | 131 | -422 |
| -124 | -222 | -402 | -223 | -602 | -422 | -242 | -312 | -174 | 111 |
| 526 | 449 | 549 | 494 | 248 | 349 | 248 | 148 | 444 | 604 |

Переход через 50 (-1)

Фундаментальное упражнение:

| | | |
|--------|---------|---------|
| 50 - 1 | 60 - 11 | 80 - 31 |
| | 70 - 21 | 90 - 41 |

2Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 61 | 43 | 80 | 59 | 70 | 26 | 60 | 82 | 18 | 79 |
| 14 | -28 | -31 | 11 | -21 | 24 | -11 | -12 | 34 | 11 |
| 15 | 39 | 11 | -21 | 16 | -13 | 24 | -21 | 14 | -41 |
| -41 | 16 | -14 | 33 | 29 | 33 | -24 | 42 | 14 | 25 |
| 23 | -21 | 28 | -33 | -41 | -21 | 19 | -13 | -31 | -21 |
| 72 | 49 | 74 | 49 | 53 | 49 | 68 | 78 | 49 | 53 |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 34 | 46 | 70 | 28 | 90 | 34 | 28 | 63 | 29 | 84 |
| 16 | 17 | -21 | 33 | -44 | 26 | 22 | 17 | 33 | -19 |
| -22 | 17 | -11 | 14 | 26 | -11 | -34 | -31 | 18 | 15 |
| 42 | -31 | 36 | 15 | 18 | 27 | 44 | 22 | -31 | -31 |
| -21 | 43 | -21 | -41 | -41 | -29 | -11 | -23 | 46 | 27 |
| 49 | 92 | 53 | 49 | 49 | 47 | 49 | 48 | 95 | 76 |

2Д 6-10Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 14 | 73 | 21 | 49 | 82 | 71 | 15 | 23 | 34 | 17 |
| 46 | 18 | 49 | 48 | -44 | 19 | 38 | 48 | 28 | 45 |
| -11 | -16 | -21 | -19 | 32 | -41 | 17 | 19 | 14 | 18 |
| 28 | 15 | 38 | 12 | -21 | 24 | -21 | -41 | 14 | -31 |
| 13 | -41 | -17 | -41 | 37 | 17 | 14 | 15 | -41 | 14 |
| 6Р | -41 | 24 | -21 | 24 | -43 | -41 | 13 | 24 | 26 |
| 7Р | 24 | 17 | 38 | 17 | 27 | 35 | 14 | -44 | 15 |
| 8Р | 17 | -41 | -44 | -41 | -21 | -24 | -41 | 36 | -41 |
| 9Р | -41 | 12 | 27 | 16 | 15 | -11 | 22 | -31 | 22 |
| 10Р | 24 | -35 | -21 | -32 | -35 | 26 | -16 | 23 | -16 |
| 6Р | 49 | 73 | 49 | 73 | 43 | 49 | 76 | 88 | 75 |
| 7Р | 73 | 90 | 87 | 90 | 70 | 84 | 90 | 44 | 90 |
| 8Р | 90 | 49 | 43 | 49 | 49 | 60 | 49 | 80 | 49 |
| 9Р | 49 | 61 | 70 | 65 | 64 | 49 | 71 | 49 | 71 |
| 10Р | 73 | 26 | 49 | 33 | 29 | 75 | 55 | 72 | 55 |

3Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|------|------|------|------|------|------|------|------|------|------|
| 708 | 249 | 518 | 436 | 872 | 157 | 212 | 750 | 809 | 649 |
| -214 | 460 | -366 | 271 | -647 | 451 | 149 | -101 | -310 | 111 |
| 176 | -217 | 454 | -216 | 489 | -116 | 149 | 260 | 211 | -411 |
| -121 | 458 | -112 | 389 | -109 | 268 | 190 | -415 | -361 | 260 |
| -388 | -701 | 213 | -431 | -111 | -311 | -216 | 233 | 379 | -110 |
| 161 | 249 | 707 | 449 | 494 | 449 | 484 | 727 | 728 | 499 |