

Старшие товарищи -4

Фундаментальное упражнение:

| | | | | | |
|--------|--------|---------|---------|---------|---------|
| 10 - 4 | 12 - 4 | 20 - 14 | 22 - 14 | 50 - 14 | 70 - 34 |
| 11 - 4 | 13 - 4 | 21 - 14 | 23 - 14 | 60 - 24 | 80 - 44 |

1Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 3 | 2 | 7 | 3 | 9 | 6 | 8 | 9 | 6 | 8 |
| 4 | 3 | 8 | 3 | 3 | 4 | 6 | 8 | 5 | 8 |
| 5 | 5 | 8 | 6 | 9 | -5 | 7 | 5 | -4 | 8 |
| -4 | -4 | -4 | 8 | -4 | 7 | -4 | -4 | 7 | -3 |
| 6 | 7 | 5 | -4 | 3 | -4 | -8 | -4 | 1 | -4 |
| 14 | 13 | 24 | 16 | 20 | 8 | 9 | 14 | 15 | 17 |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 9 | 6 | 7 | 4 | 3 | 8 | 9 | 7 | 8 | 7 |
| 9 | 7 | 5 | 7 | 2 | 5 | 6 | 3 | 7 | 6 |
| 7 | 8 | -4 | -4 | 5 | 9 | 7 | -5 | 7 | -4 |
| -3 | -4 | 3 | 6 | -4 | -4 | -4 | 6 | -4 | 1 |
| -4 | 3 | -7 | 2 | 7 | 3 | 2 | -4 | 3 | -6 |
| 22 | 17 | 11 | 13 | 6 | 18 | 18 | 11 | 18 | 10 |
| 18 | 20 | 4 | 15 | 13 | 21 | 20 | 7 | 21 | 4 |

1Д 5-8Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 2 | 3 | 5 | 7 | 4 | 6 | 9 | 8 | 5 | 7 |
| 4 | 8 | 9 | 5 | 3 | 8 | 5 | 4 | 6 | 7 |
| 7 | 4 | 2 | 4 | 3 | 2 | 7 | 4 | 7 | 6 |
| -4 | 7 | -4 | 6 | -4 | -3 | -4 | -3 | 5 | -4 |
| 3 | -4 | -4 | -4 | 8 | -4 | 8 | -4 | -4 | -4 |
| -4 | 3 | 5 | 5 | 7 | 6 | 5 | 6 | 1 | -4 |
| 6 | -4 | -4 | 9 | -4 | -4 | -4 | 5 | -4 | 5 |
| 2 | -4 | 8 | -4 | 6 | -4 | -4 | -4 | -4 | 8 |
| 12 | 18 | 8 | 18 | 14 | 9 | 25 | 9 | 19 | 12 |
| 8 | 21 | 13 | 23 | 21 | 15 | 30 | 15 | 20 | 8 |
| 14 | 17 | 9 | 32 | 17 | 11 | 26 | 20 | 16 | 13 |
| 16 | 13 | 17 | 28 | 23 | 7 | 22 | 16 | 12 | 21 |

1Д 8-10Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 5 | 5 | 7 | 1 | 3 | 5 | 9 | 1 | 4 | 8 |
| 5 | 7 | -4 | 9 | 2 | 6 | 5 | 3 | 8 | -4 |
| -4 | -4 | 8 | -4 | 8 | -4 | 3 | 8 | 9 | 9 |
| 6 | 6 | -4 | 5 | 9 | 8 | -4 | -4 | -4 | -4 |
| -4 | 6 | 9 | -4 | -4 | -4 | 9 | 6 | 6 | 6 |
| 9 | -4 | -2 | 6 | -4 | 9 | -4 | -5 | 7 | 8 |
| -4 | -3 | 9 | -4 | -4 | 6 | 6 | 8 | -4 | -4 |
| 8 | -4 | -4 | 6 | -4 | 6 | -5 | 7 | 8 | 5 |
| -4 | 8 | 8 | -2 | 8 | -4 | 4 | 8 | 9 | 3 |
| 6 | -3 | -3 | -4 | 9 | 7 | -4 | -4 | -4 | -4 |
| 21 | 9 | 19 | 15 | 6 | 32 | 19 | 24 | 34 | 24 |
| 17 | 17 | 27 | 13 | 14 | 28 | 23 | 32 | 43 | 27 |
| 23 | 14 | 24 | 9 | 23 | 35 | 19 | 28 | 39 | 23 |

2Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 32 | 46 | 74 | 21 | 18 | 26 | 37 | 51 | 64 | 83 |
| 29 | 16 | -33 | 14 | 13 | 44 | 26 | -14 | 22 | -64 |
| -34 | -25 | 19 | 35 | 29 | -17 | -34 | 37 | -24 | 55 |
| 47 | 33 | -24 | -54 | -34 | -14 | 45 | 11 | -24 | -33 |
| 11 | -54 | 38 | 47 | -19 | 21 | -33 | -66 | 33 | -14 |
| 85 | 16 | 74 | 63 | 7 | 60 | 41 | 19 | 71 | 27 |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 61 | 38 | 16 | 29 | 12 | 72 | 53 | 48 | 86 | 41 |
| -25 | 26 | 28 | 11 | 24 | -48 | 22 | 13 | -53 | 19 |
| 38 | 11 | 17 | -14 | 55 | 11 | -43 | -24 | -14 | -24 |
| 16 | -53 | -24 | 46 | -64 | 27 | -14 | 37 | 22 | 38 |
| -54 | -14 | 37 | -58 | 33 | -34 | 42 | -44 | -37 | 11 |
| 36 | 8 | 74 | 14 | 60 | 28 | 60 | 30 | 4 | 85 |

2Д 6-10Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 48 | 77 | 51 | 91 | 72 | 56 | 24 | 51 | 48 | 15 |
| -14 | 15 | -34 | -64 | -14 | 15 | 36 | -24 | 26 | 45 |
| 38 | -34 | 48 | 43 | 19 | -34 | -24 | 68 | 16 | -34 |
| -14 | -16 | -23 | -14 | -36 | 43 | 45 | -13 | -84 | 47 |
| 13 | -24 | -14 | -23 | -24 | -14 | -24 | -24 | 57 | 19 |
| -34 | 56 | 62 | -14 | 53 | 25 | 23 | 38 | -14 | -84 |
| 48 | 18 | -54 | 56 | -64 | -64 | -44 | -13 | 38 | 72 |
| -12 | -74 | 26 | 15 | 45 | 48 | 55 | -44 | 11 | -14 |
| -14 | 46 | -34 | -34 | 29 | 15 | -64 | 28 | -46 | 25 |
| 18 | -32 | 36 | 24 | -24 | -84 | 47 | -33 | -24 | -74 |
| 37 | 74 | 90 | 19 | 70 | 91 | 80 | 96 | 49 | 8 |
| 85 | 92 | 36 | 75 | 6 | 27 | 36 | 83 | 87 | 80 |
| 73 | 18 | 62 | 90 | 51 | 75 | 91 | 39 | 98 | 66 |
| 59 | 64 | 28 | 56 | 80 | 90 | 27 | 67 | 52 | 91 |
| 77 | 32 | 64 | 80 | 56 | 6 | 74 | 34 | 28 | 17 |

3Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|------|------|------|------|------|------|------|------|------|------|
| 374 | 286 | 729 | 472 | 513 | 625 | 812 | 174 | 216 | 426 |
| 266 | 335 | 143 | 169 | -444 | -344 | -444 | 260 | 166 | 197 |
| -124 | -244 | -544 | -254 | 372 | 133 | 273 | 182 | -244 | -354 |
| 248 | 457 | 266 | 362 | 219 | 147 | 111 | -244 | 485 | -189 |
| 157 | -444 | 123 | 122 | -346 | -244 | -518 | 359 | -359 | 367 |
| 921 | 390 | 717 | 871 | 314 | 317 | 234 | 731 | 264 | 447 |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|------|------|------|------|------|------|------|------|------|------|
| 361 | 542 | 238 | 144 | 213 | 532 | 728 | 510 | 283 | 555 |
| -134 | -324 | 199 | 462 | -141 | -114 | -444 | -349 | 132 | -144 |
| 400 | 607 | -353 | -243 | 623 | -246 | 156 | 274 | -142 | -348 |
| -243 | -443 | 123 | 359 | -273 | 434 | -254 | 191 | 158 | 152 |
| 158 | -144 | -144 | -449 | -145 | -343 | 324 | -343 | 124 | 347 |
| 542 | 238 | 63 | 273 | 277 | 263 | 510 | 283 | 555 | 562 |