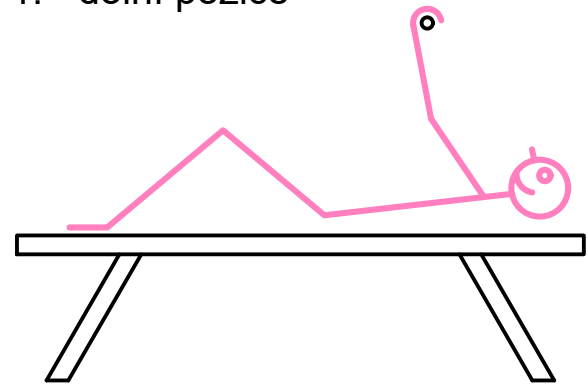


Vazbič - cviky Ženy

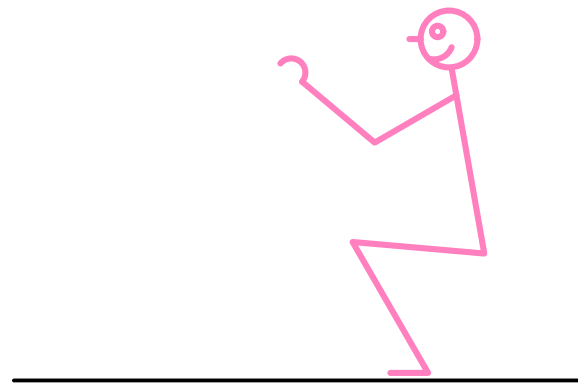
1

Shyby podhmatem ležmo
1. - dolní pozice



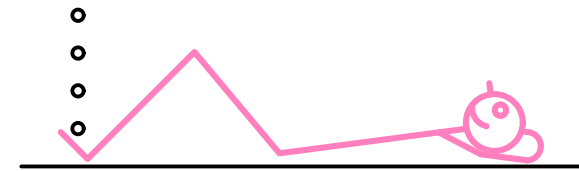
2

Výskoky ze dřepu
1. - dolní pozice



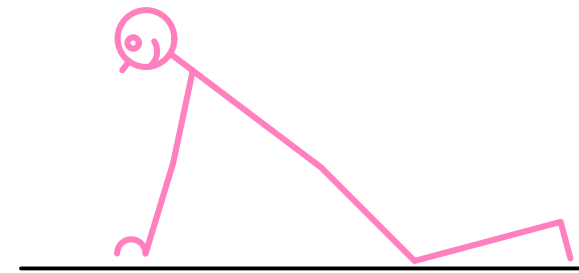
3

Leh - sedy
1. - dolní pozice

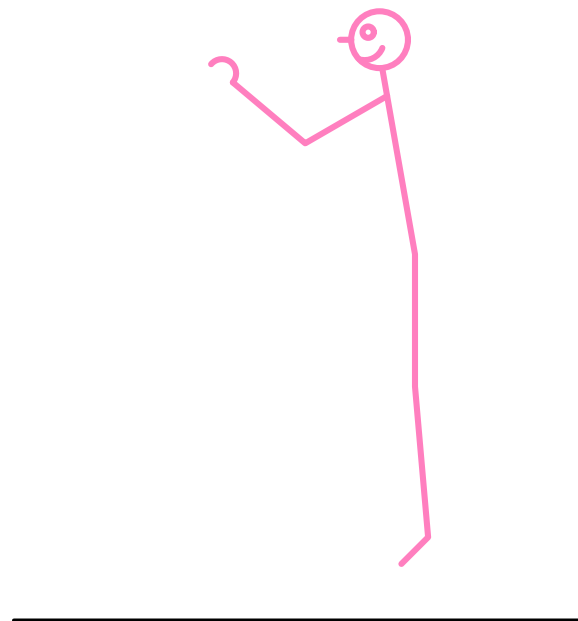


4

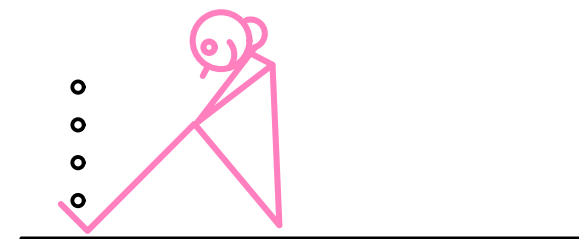
Kliky na podlaze klečmo
1. - horní pozice



Výskoky ze dřepu
2. - horní pozice



Leh - sedy
2. - horní pozice



Kliky na podlaze klečmo
2. - dolní pozice



Shyby podhmatem ležmo
2. - horní pozice

