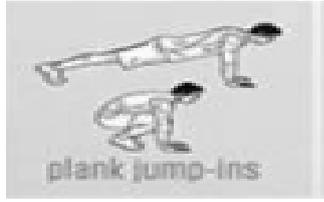
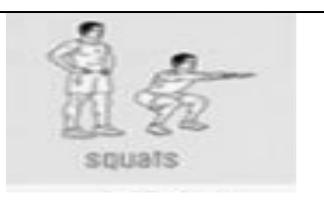
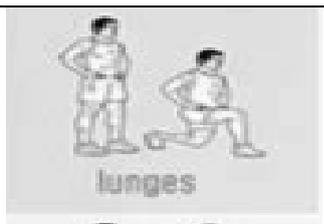
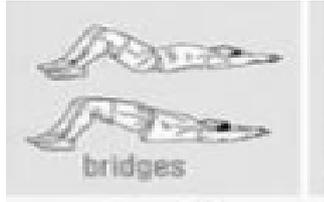


Rozgrzewka [https://www.youtube.com/watch?v=0\\_o08y9viyM](https://www.youtube.com/watch?v=0_o08y9viyM)

 <p>plank jump-ins</p>	<a href="https://www.youtube.com/watch?v=olwdTQEIJNg">https://www.youtube.com/watch?v=olwdTQEIJNg</a>	2x15 Naprzemiennie 2x 10 na nogę Przerwa 30 sekun między seriami
 <p>donkey kicks</p>	<a href="https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ">https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ</a>	3 serie 10 na nogę
 <p>squats</p>	<a href="https://www.youtube.com/watch?v=YaXPRqUwltQ">https://www.youtube.com/watch?v=YaXPRqUwltQ</a>	3 serie 20 razy
 <p>lunges</p>	<a href="https://www.youtube.com/watch?v=7SMzPn4LGjQ">https://www.youtube.com/watch?v=7SMzPn4LGjQ</a>	4 serie 8 na nogę
 <p>bridges</p>	<a href="https://www.youtube.com/watch?v=8bbE64NuDTU">https://www.youtube.com/watch?v=8bbE64NuDTU</a>	3 serie po 10 razy
 <p>high knees</p>	<a href="https://www.youtube.com/watch?v=QPfOZ0e30xg">https://www.youtube.com/watch?v=QPfOZ0e30xg</a>	3 razy po 15 sekund pracy

Rozciąganie po ćwiczeniach

<https://www.youtube.com/watch?v=Mb6gLj9FYLI>