

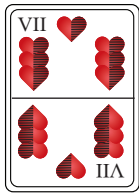
SEDMOVÉ KARTY

KARTA

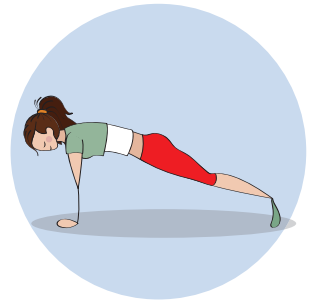
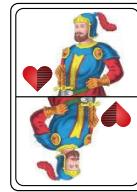
TVOJ CVIK

KARTA

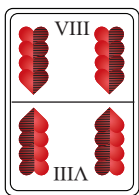
TVOJ CVIK



5 drepov s výskokom



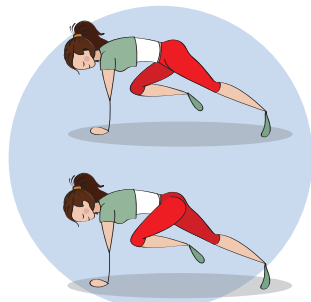
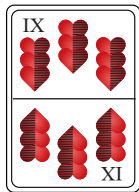
30 sekúnd planku



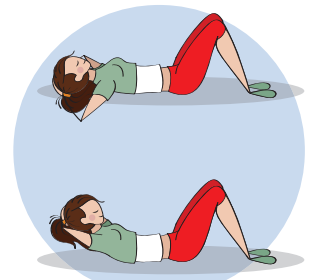
10 sekúnd v obrátenej streche



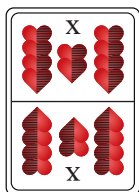
10x zdvíhanie kolien
(ako pochádzanie vojakov)



10 sekúnd horolezec



8 skracočiek



10 výpadov vpred (5 na každú nohu)



8 drepov