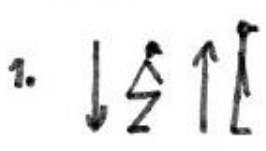
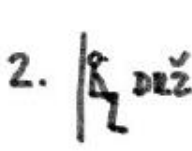
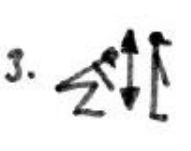
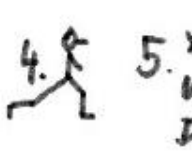
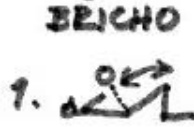
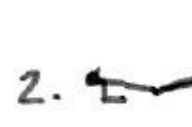
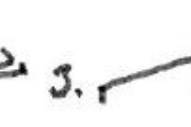







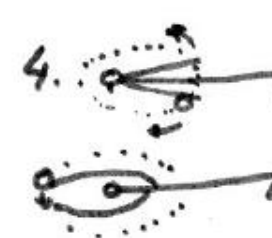
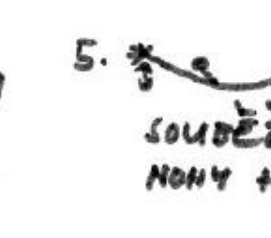
**NOHY**

1. 
2.  DRŽ
3. 
4. 
5. VÝPAD VPŘED  
UZAD  
DO STRAN

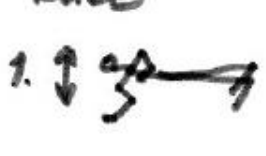
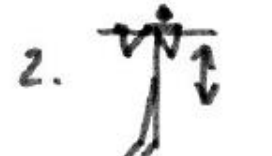



**BŘICHO**

1. 
2. 
3. 
4. 
5. 


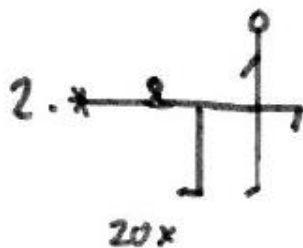
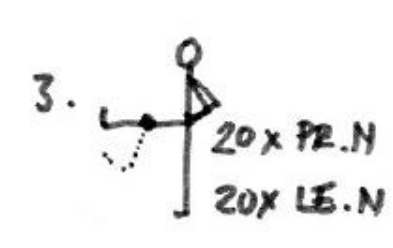
**ZÁDA**

1.  STRÍDAT  
PROTILEHLE  
KONČETINY
2. 
3.  STRÍD
4. 
5.  SOUDĚŽNĚ  
NOHY + RUCE

**RUCE**

1. 
2. 
3. 
4. 
5.  STRÍDAT

**BALANC**

1.  STRÍDAM NOHY  
1min
2.  20x
3.  20x PR.N  
20x LE.N