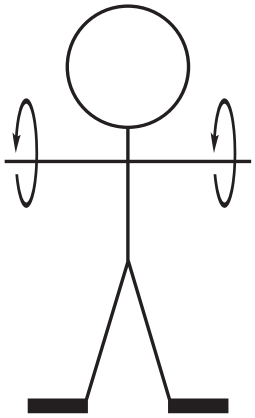
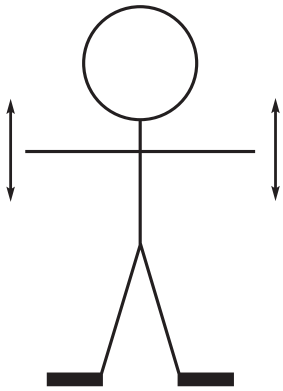
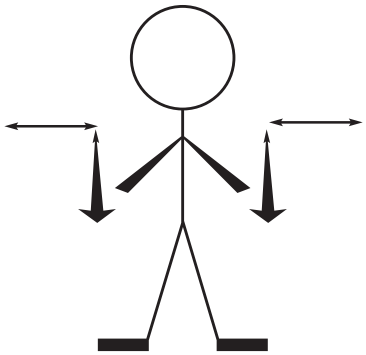
opr.M.B.



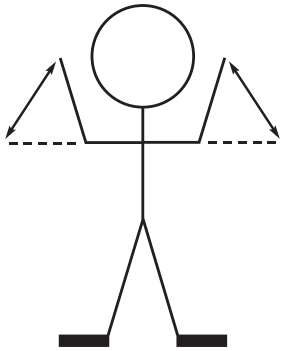
Kręć wyprostowanymi ramionami koła



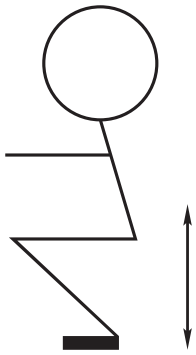
Unoś wyprostowane ramiona w górę i dół



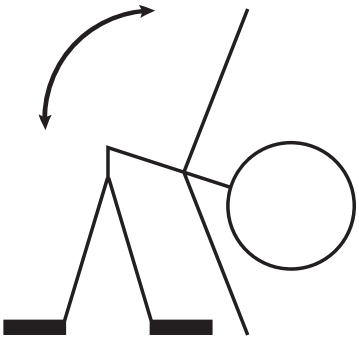
Wyprostowane ramiona do przodu i na boki



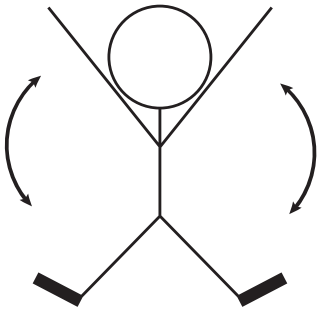
Ręce wyprostowane na boki.
Uginaj je pod kątem prostym w góre i w dół



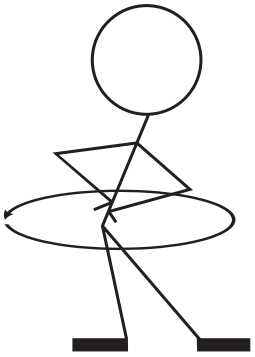
Przysiady



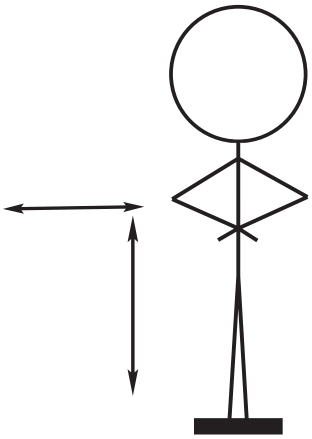
Skłony na boki



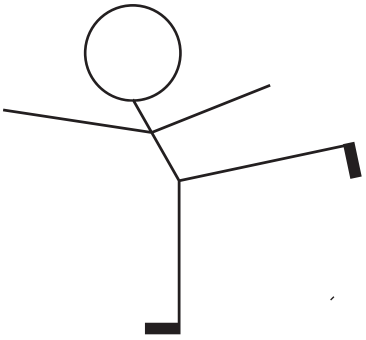
Pajacyki



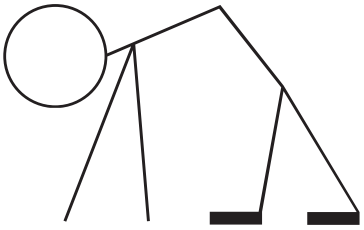
Kręć biodrami



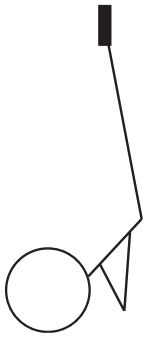
Podskoki obunóż w przód i tył



Jaskółka



Czworakowanie



Leżenie na plecach. Nogi do sufitu