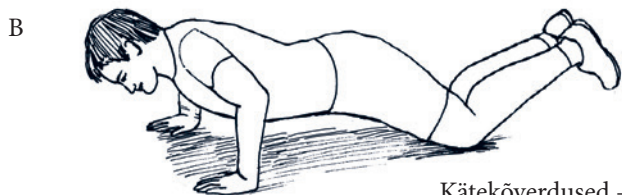
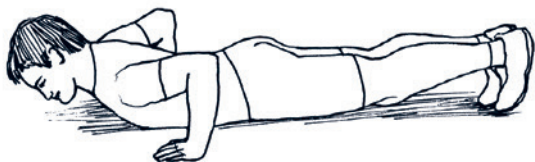
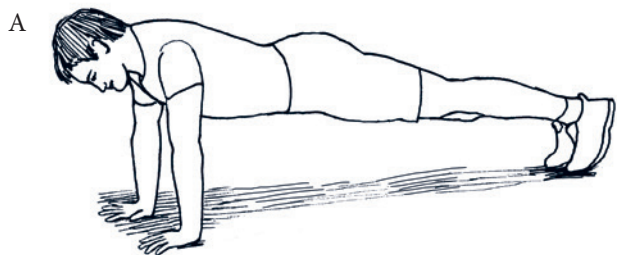
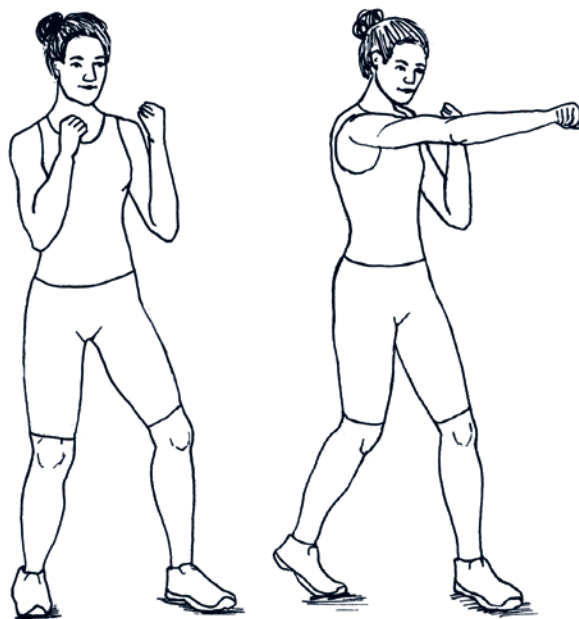


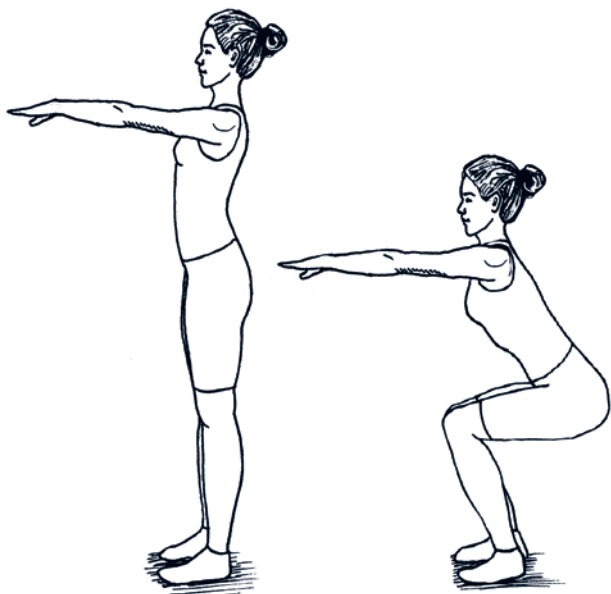
# 15. ENDA KEHARASKUSEGA SEOTUD JÕUHARJUTUSED



Kätekõverdused –  
kas põlvedel või nii,  
et põlved on maast lahti



Poksilöögid



Kükid



Puusatõsted

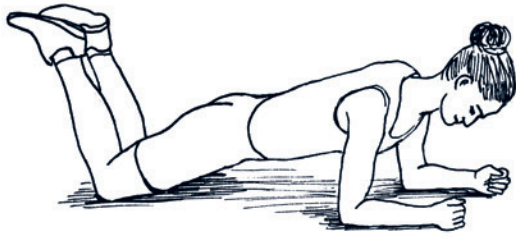


Jalgratas

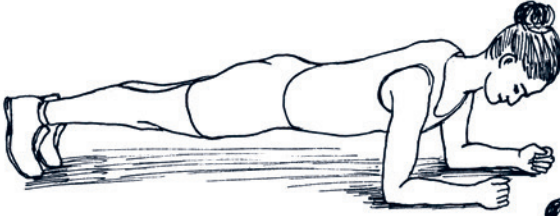


Istesse tõus

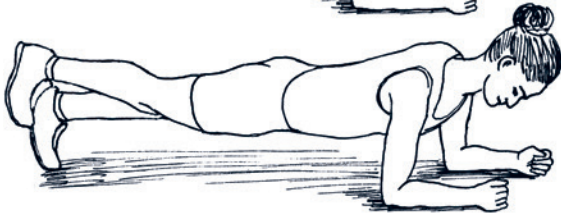
A



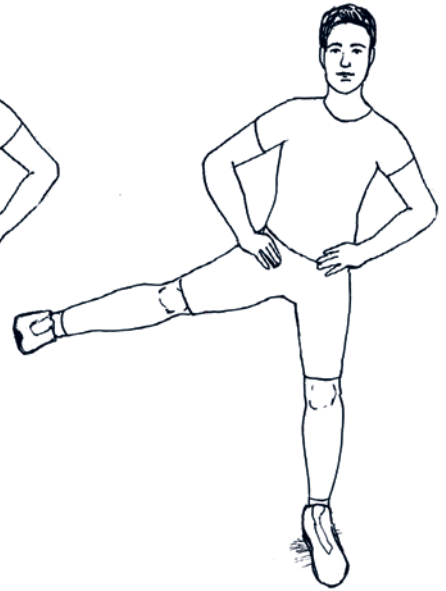
B



C



Plank - 3



Jalatõsted küljele

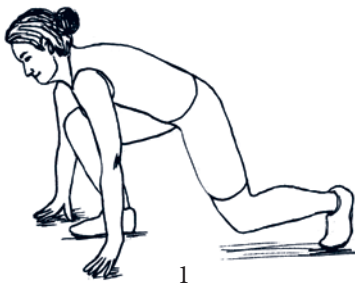


2

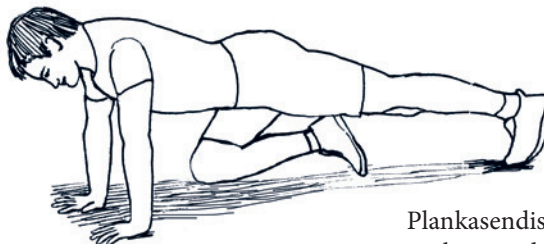
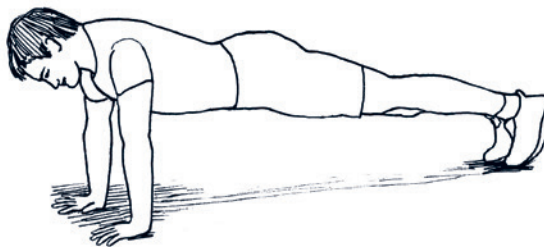
Suured sammud



„Superman“ - alakeha ja ülakeha tõsted



1



Plankasendis põlvetoed