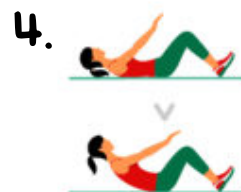
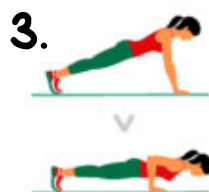
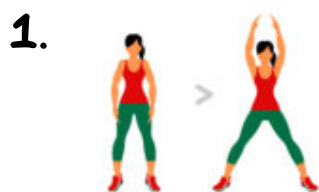




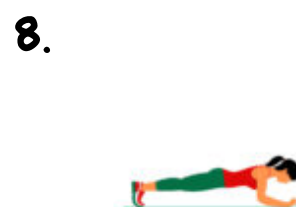
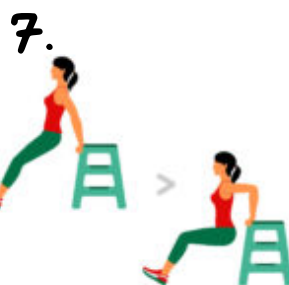
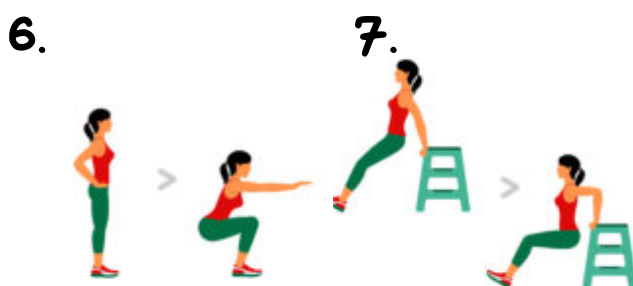
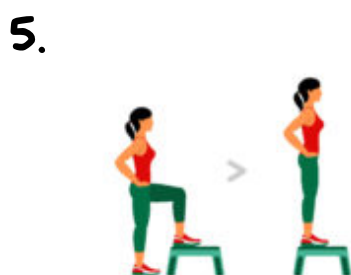
WORKOUT FULL BODY

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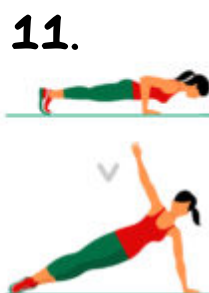
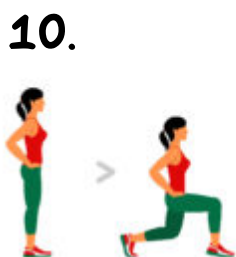
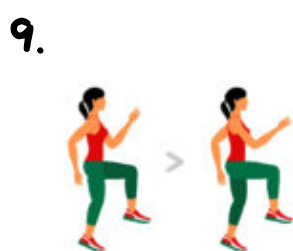
 @stayhealth.cz



JUMPING JACKS | SED U STĚNY | KLIKY | ZKRACOVAČKY



VÝSTUP NA BEDNU | SQUAT | TRICEPS | PLANK



BĚH NA MÍSTĚ | VÝPAD VPŘED | KLIK A ROTACE | BOČNÍ PLANK

3 - 4 SÉRIE /
PAUZA 30 SEC



30 S / KAŽDÝ CVIK
BEZ PAUZY