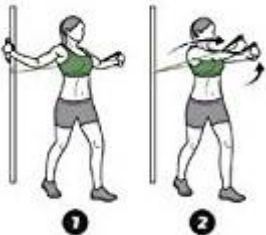
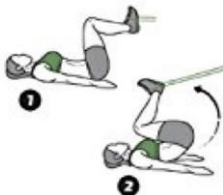
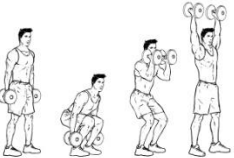
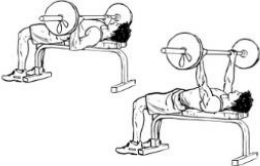
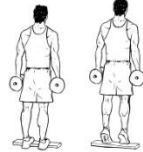
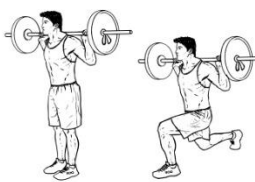


300 x	1 x 30 – pauza 30 sec	1 x 30 – pauza 30 sec	1 x 30 – pauza 30 sec
			
3 série – cvik A: 4 opak – Cvik B 8-10 opak. Pauza 2 min Cvik A: 4 kg v ruce Cvik B: medicinbal cca 3 kg	3 série – cvik A: 4 opak – Cvik B 8-10 opak. Pauza 2 min Cvik A: cca 25 - 30 kg Cvik B: vlastní tělo		
			
3 série – cvik A: 4 opak – Cvik B 8-10 opak. Pauza 2 min Cvik A: 20 kg Cvik B: medicinbal cca 3 kg	3 série – cvik A: 4 opak – Cvik B 30 opak. Pauza 2 min Cvik A: 8 kg v ruce Cvik B: švihadlo		
			
3 série – cvik A: 4 opak – Cvik B 8-10 opak. Pauza 2 min Cvik A: 8 kg Cvik B medicinbal cca 3 kg	3 série – cvik A: 4 opak – Cvik B 8-10 opak. Pauza 2 min Cvik A: 20 – 25 kg Cvik B: vlastní tělo		
			Skok daleký z místa
4 x 10 (2+2) Pauza 30 sec	3 x 30 - Pauza 30 sec	4 x 10 (2+2) Pauza 30 sec	4 x 30 (2+2) Pauza 30 sec
			