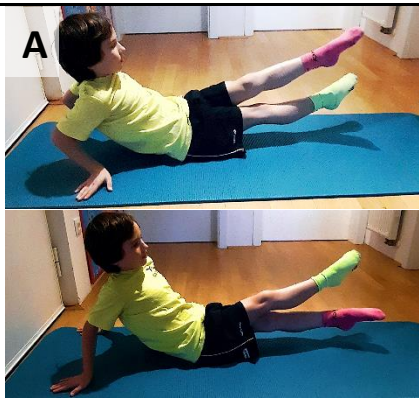
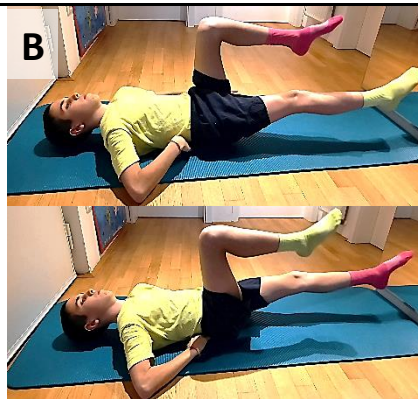


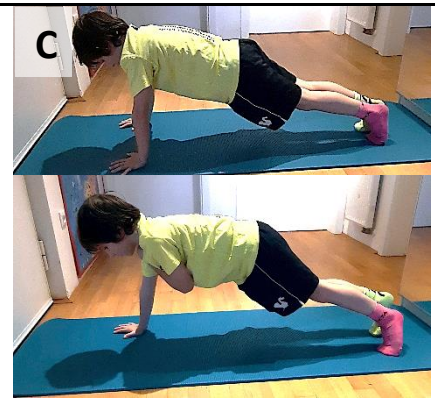
# Triatlonska ABeCeda



Škarjice 10x



Vožnja kolesa 20 s



Dotikanje rame v opori 12 x



Dvig bokov 15 x



Zajčji poskoki 6 x naprej in 6 x nazaj



Skoki kolena na prsa 10 x



Dvig kolena do komolca 12 x



Poskoki skupaj – narazen 10 x



Skoki z menjavo nog v izpadni korak 12 x



Žabji široki poskoki s počepom 10 x



Stranska deska 15 s – vsaka stran



Dotikanje z ного v stran v opori 12 x

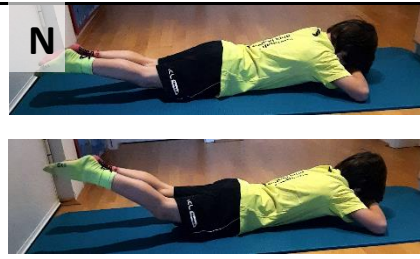


Kroženje z rokami in dotik zadnjice 10 x





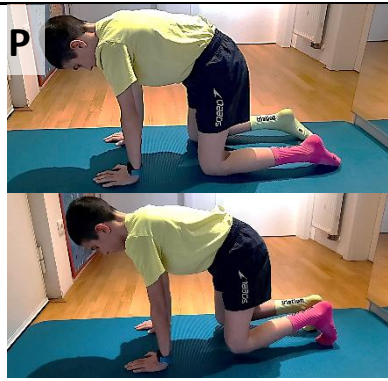
Črviček 10 x



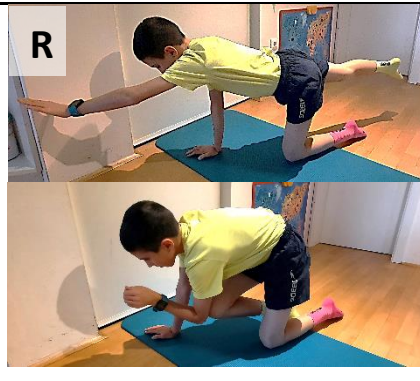
Dvig celih nog 8 x



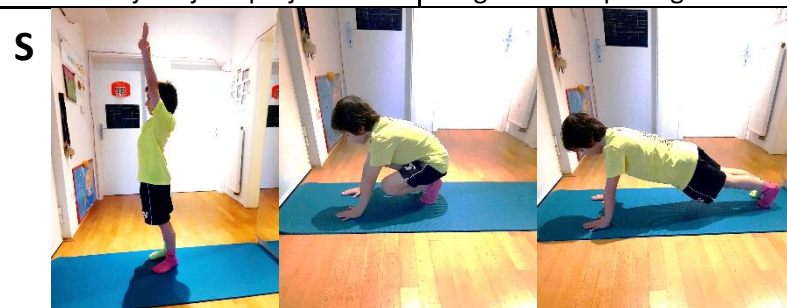
Medvedja hoja naprej 10 x



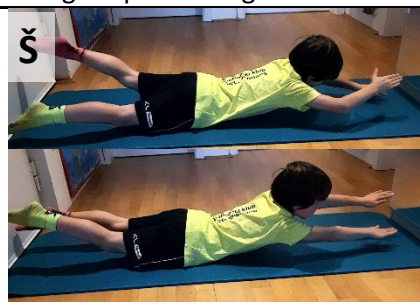
Dvig kolen od podlage za 2cm– 20 s



Izteg nasprotne noge in roke 12 x



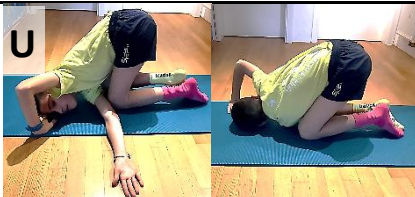
Vojaški poskoki 12 x



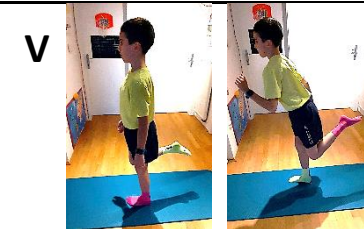
Dvig nasprotne roke in noge 12 x



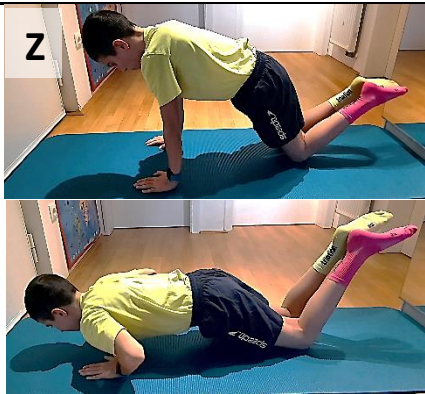
Mačka 8 x



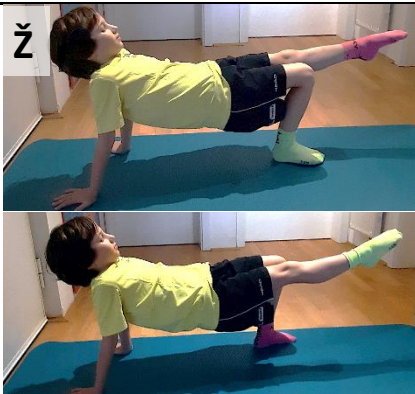
Roka pod telo, uho na tla 20s vsaka



Tek na mestu - 30 s



Skleca v opori 10 x



Izteg noge v opori – 12 x

**ČESTITKE!**