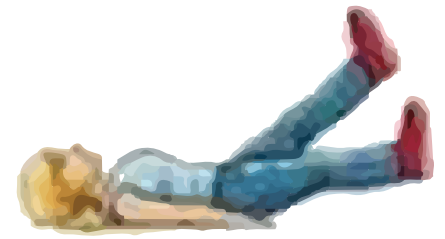
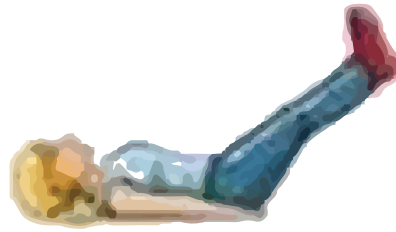


10 spustov in dvigov nog

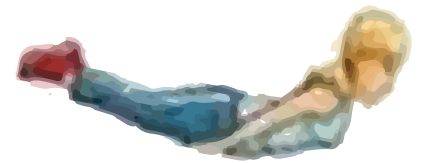
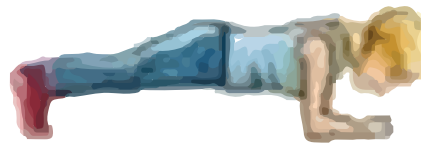
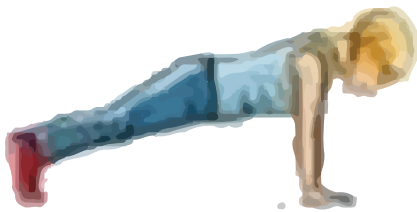


10 "škarjic" z nogami

10 "sklec"
lahko z oporo
na kolenih

30 sekund
"plenk"

30 sekund
"ladjica"



5 minut ležanja na hrbtu.

Pri tem je ključnega pomena, da dihaš
s trebušno predpono.

