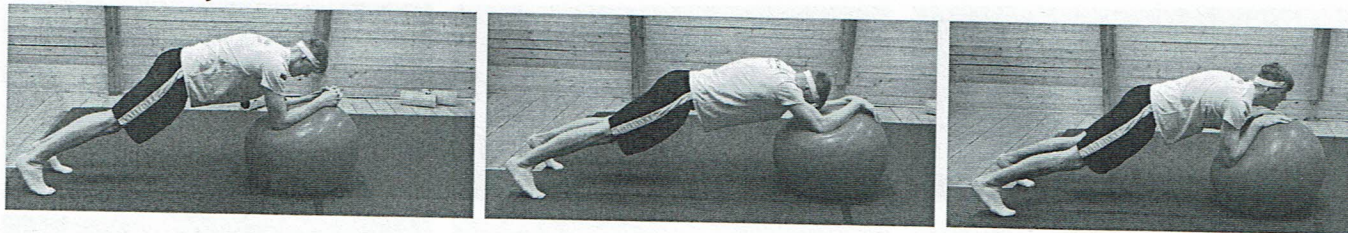
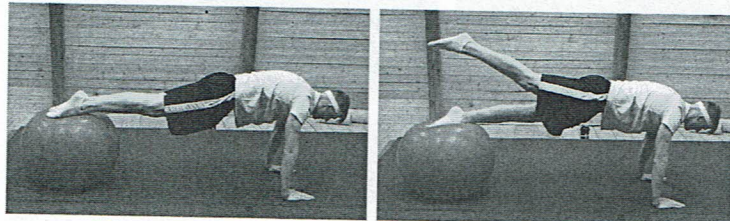


Harjutused tasakaalupalliga

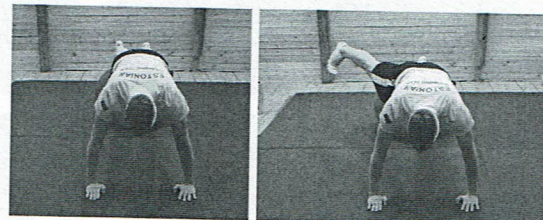
1. Üldarendav harjutus



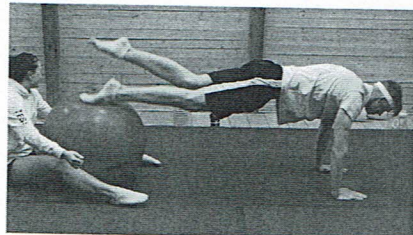
2. Plank + sirge jala tõste taha



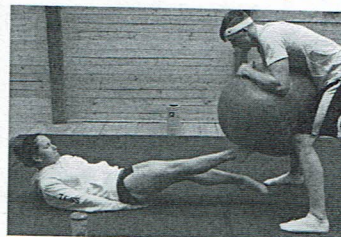
3. Plank + sirge jala tõste kõrvale



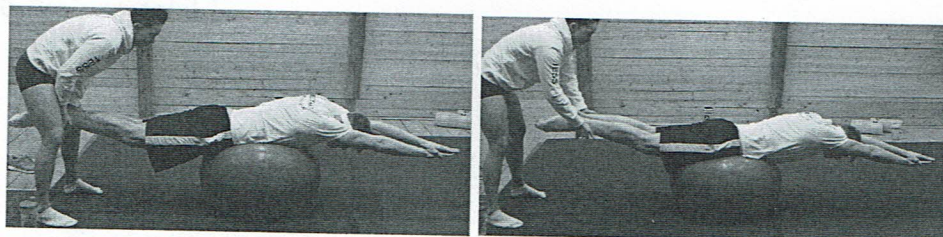
4. 12 sekundit max kroolijalad



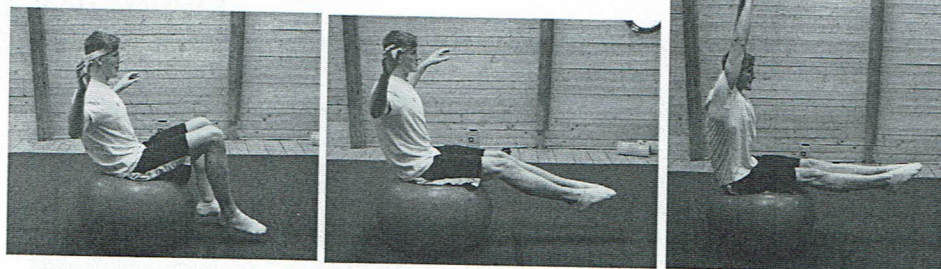
5. 12 sekundit max selilijalad



6. Tasakaalu harjutus nr.1



7. Tasakaalu harjutus nr. 2



8. Tasakaalu harjutus nr. 3

