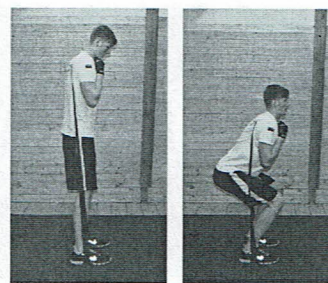


Harjutused kummilindiga

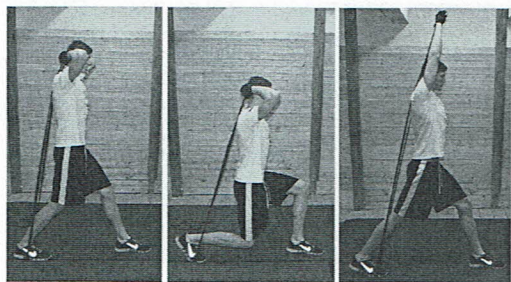
1. Jalg – nelipea, kakspea, reie lähendaja



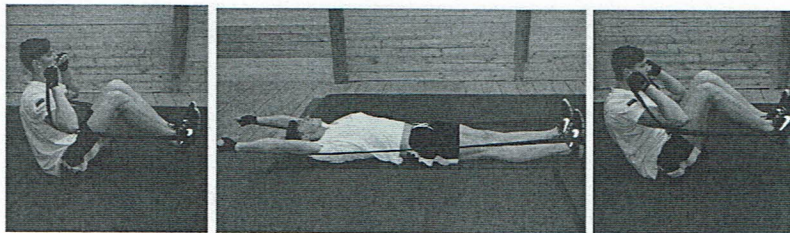
2. Kukk



3. Väljastest kükk + triitsepsiga surumine



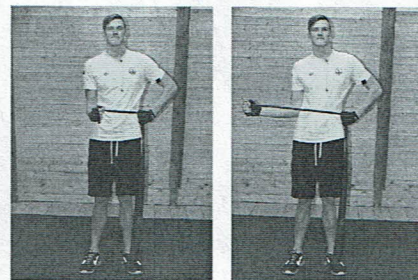
4. Köhulihased



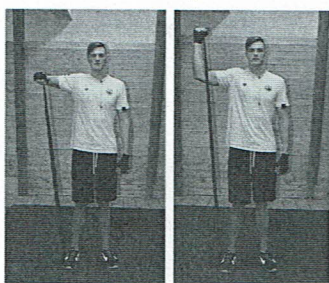
5. Köhulihased



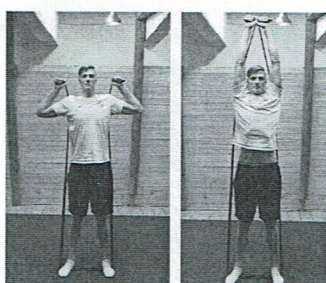
6. Rotaatorite harjutus



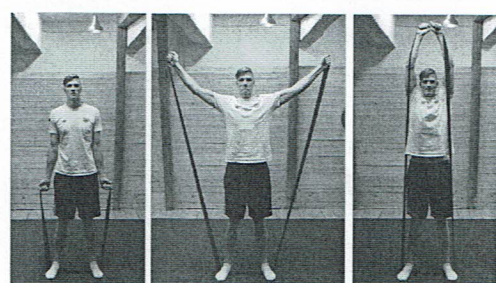
7. Rotaatorite harjutus



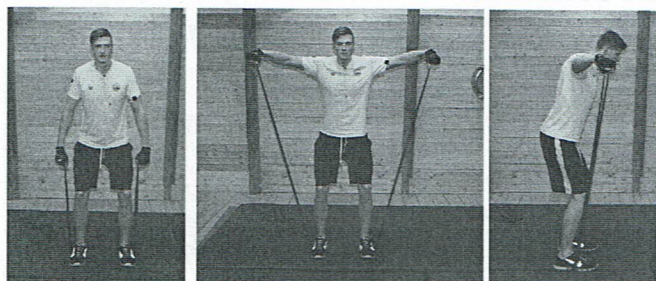
8. Deltalihas keskosa



9. Deltalihas keskosa



10. Deltalihas keskosa



11. Deltalihas tagumine osa

