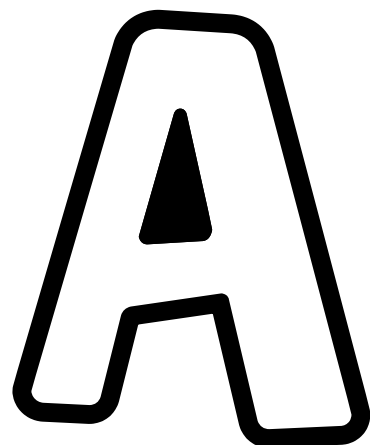
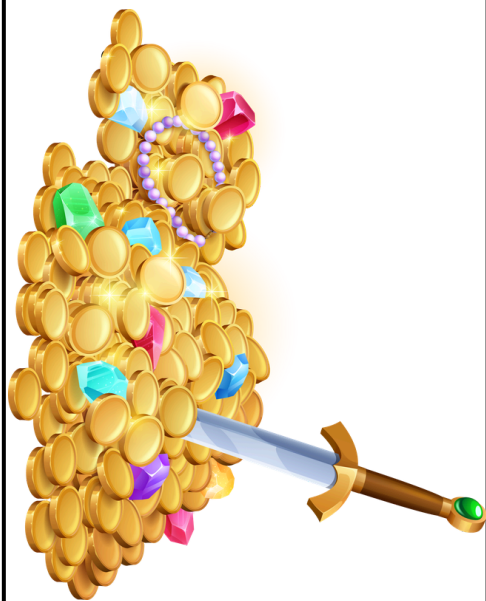




M

P

B

D

8

3+

1-7

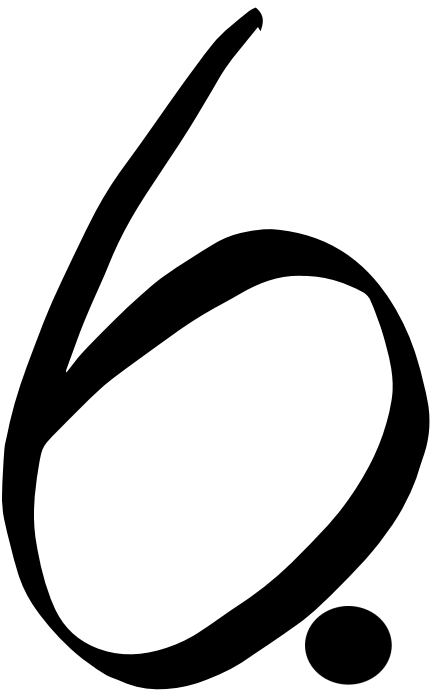
1-5

1+3

5 dřepů

**stůj na jedné
noze 5
sekund**

**Jak dělá
kohout?**



**udělej
holubičku**

**3x
tleskni**



vyskoč

zatoč se
