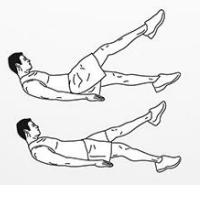
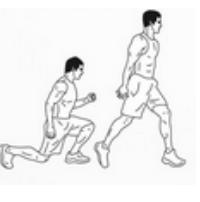
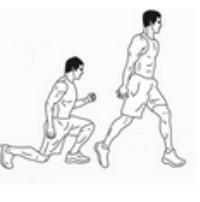
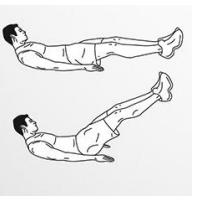
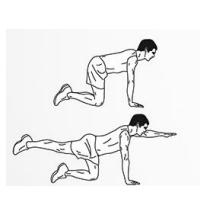
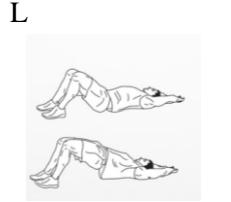
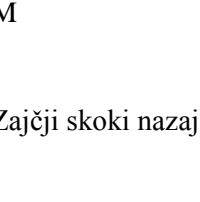
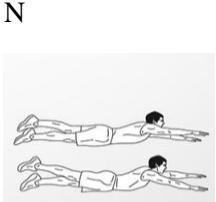
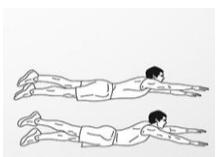
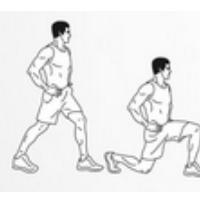
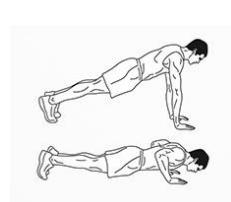
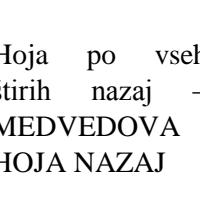
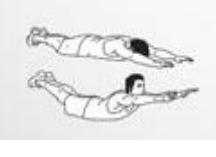
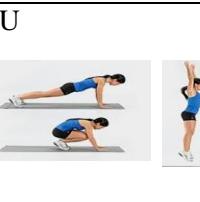
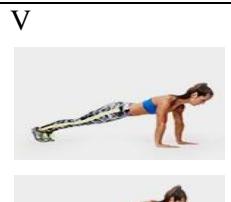
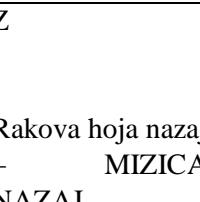


A 	B Hoja po vseh štirih naprej – MEDVEDOVA HOJA 	C 	Č 	D 
Tek na mestu 15s	10 metrov	Striženje z nogami 16x	ČRV 10X	Skoki z menjavo nog v izpadni korak 14x
E 	F 	G 	H 	I 
Dvig nog leže 12x	Iztek nasprotne roke in noge kleče 16x	Tek v klanec 15 s	Dvig roke izmenično v opori spredaj 14x	Skoki kolena na prsa 10x
J Rakova hoja naprej – MIZICA NAPREJ 	K 	L 	M Zajčji skoki nazaj 	N 
10 metrov	Skoki čep opora 10x	Dvigi bokov 15x	10 m	Dvig nasprotne noge in roke 10x vsaka
O ŽABJI SKOKI 	P 	R 	S Hoja po vseh štirih nazaj – MEDVEDOVA HOJA NAZAJ 	Š 
8x	Izpadni korak vsaka noge 7x	Sklece 10x	10 metrov	HRBTNE ali RIBICE 15x
T Zajčji skoki naprej 	U 	V 	Z Rakova hoja nazaj – MIZICA NAZAJ 	Ž 
10 metrov	Vojaške sklece 10x	Opora, noge snožno razkoračno s skoku 15x	10 metrov	Skoki iz čepa 10x