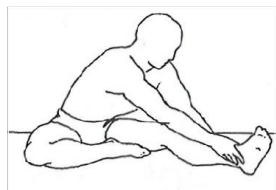
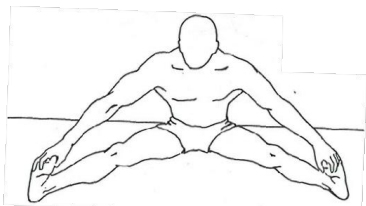


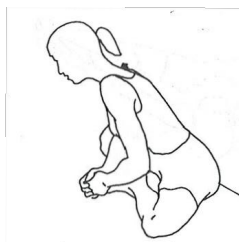
# STREČINK PO KAŽDÉM TRÉNINKU



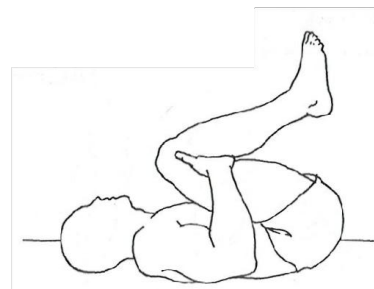
Bércové svaly



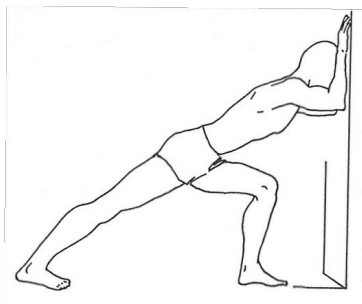
Svaly zadní strany steh



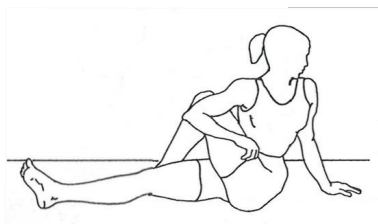
Třísla



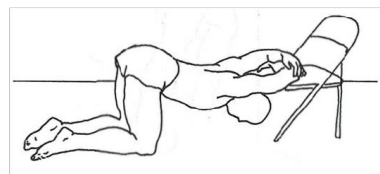
Bederní svaly



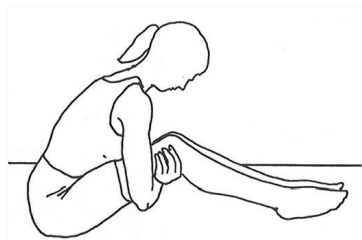
Ohýbače kolen



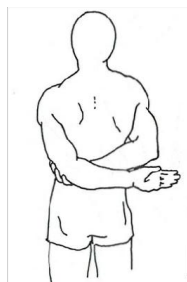
Ohýbače kyčlí a hýžděvé svaly



Prsní svaly



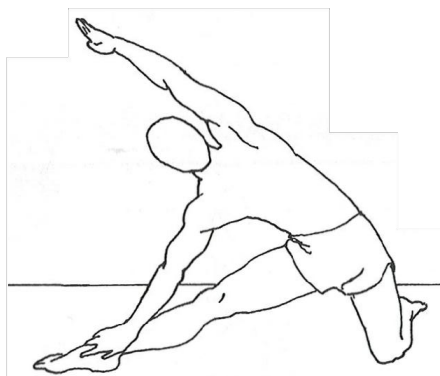
Svaly horní části zad



Svaly horní části zad



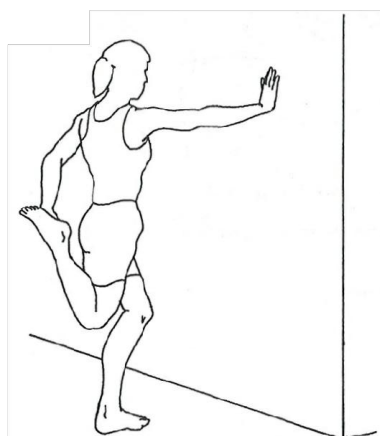
Svaly vnější strany ramen



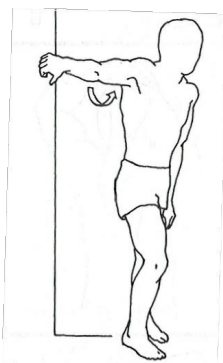
Šikmé břišní svaly



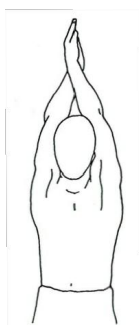
Nárty a kotníky



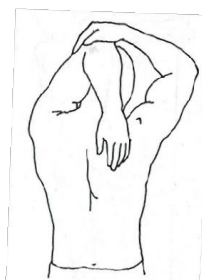
Svaly přední strany steh



Bicepsy



Natahovače ramen



Tricepsy



Ohýbače zápěstí