






Alfa SAUSIS	 Kelių siekimas ištiestomis rankomis (atsigulus)	 Svoriai rankoms	 Žirklės	 Pritūpimai	 Rankų lenkimas per alkūnes (su svoriais)
1 savaitė	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>
2 savaitė	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/></div> <div style="text-align: center;">II <input type="checkbox"/></div> <div style="text-align: center;">III <input type="checkbox"/></div> <div style="text-align: center;">IV <input type="checkbox"/></div> <div style="text-align: center;">V <input type="checkbox"/></div> </div>
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