






| Pratimas |  Kėdutės pratimas |  Kojos tiesimas pirmyn ir atgal (atsigulus šonu) |  Kelių lietimasis alkūnėmis |  Kojų pirštų siekimas įstrižai (stovint) |  Kojų kėlimas kampu stovint (Kalėdinis pratimas) |
|----------------------|--|--|--|--|--|
| Gruodžio I savaitė | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> |
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| Gruodžio III savaitė | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> |
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| Gruodžio V savaitė | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> | <div style="display: flex; justify-content: space-around;"> IIIIII</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div> <div style="display: flex; justify-content: space-around;"> IVV</div> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/><input type="checkbox"/></div> |