




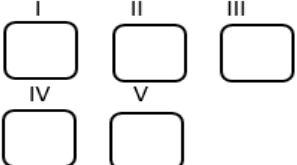
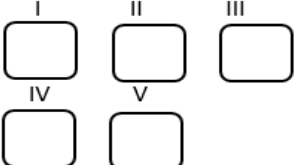
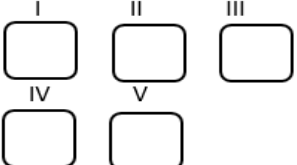
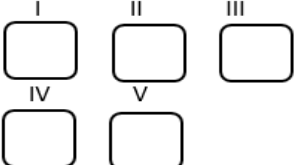
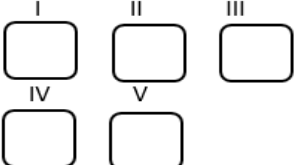
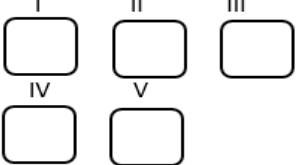
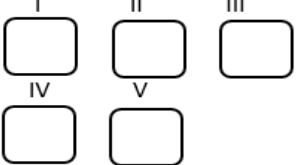
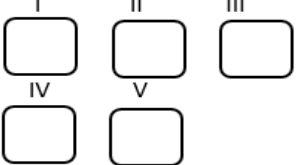
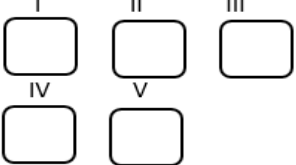
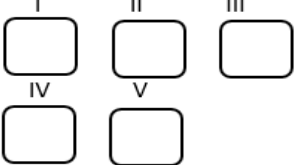
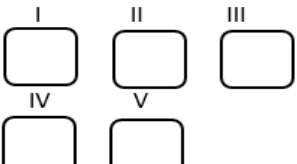
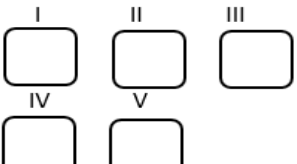
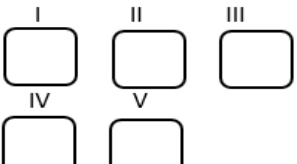
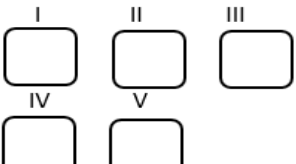
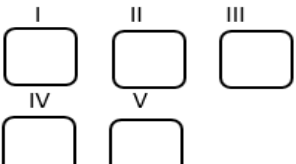
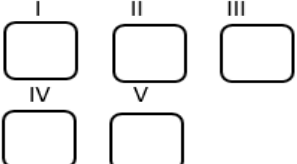
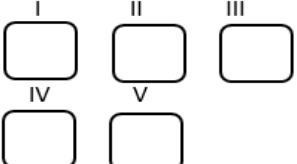
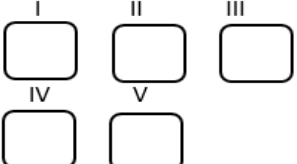
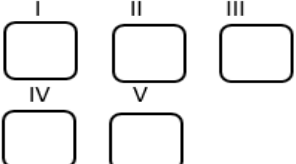
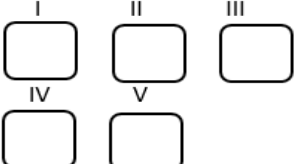


<b>Delta KOVAS</b>	 Pratimas kaklui <b>2 kartus po 10</b>	 Pratimas rankoms (su kamuoliu) <b>2 kartus po 10</b>	 Rankų kėlimas (sėdint vežimėlyje) <b>2 kartus po 10</b>	 Dilbių suvedimas (sėdint vežimėlyje) <b>2 kartus po 10</b>	 Ištiestų rankų tiesimas už nugaros (sėdint vežimėlyje) <b>2 kartus po 10</b>
<b>1 savaitė</b>					
<b>2 savaitė</b>					
<b>3 savaitė</b>					
<b>4 savaitė</b>					
<b>5 savaitė</b>	