






<p>Delta SAUSIS</p>	 Pratimas kaklui 2 kartus po 10	 Kamuolio kėlimas aukštyn (sėdint) 2 kartus po 10	 Žiedo perdavimas iš vienos rankos į kitą (sėdint) 2 kartus po 10	 Boksas į kamuolį 2 kartus po 10	 Kamuolio mėtymas į krepšį (su pagalba) 2 kartus po 10
<p>1 savaitė</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>
<p>2 savaitė</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>
<p>3 savaitė</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>
<p>4 savaitė</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>
<p>5 savaitė</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">I <input type="checkbox"/> IV</div> <div style="text-align: center;">II <input type="checkbox"/> V</div> <div style="text-align: center;">III <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>