




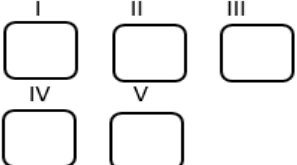
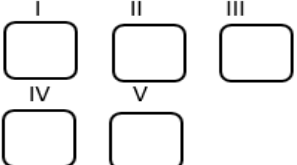
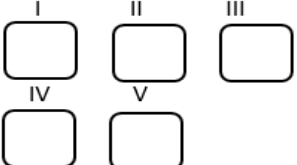
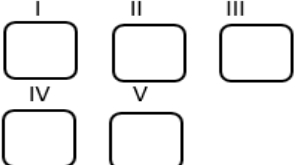
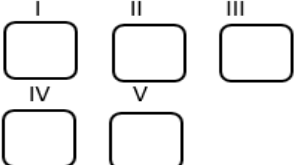
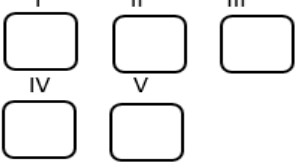
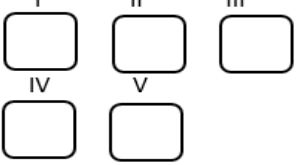
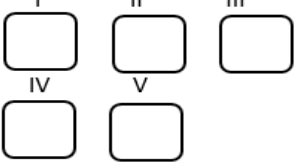
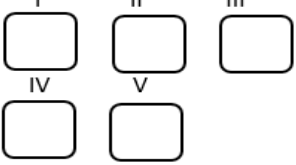
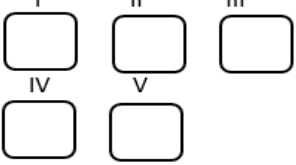
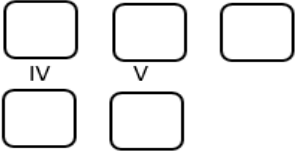
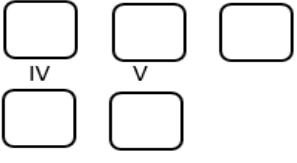
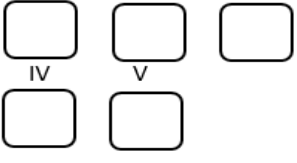
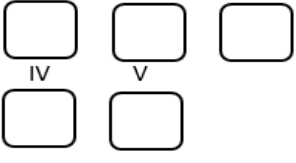
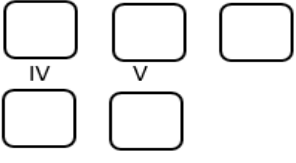
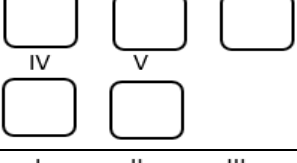
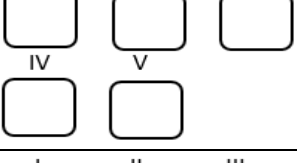
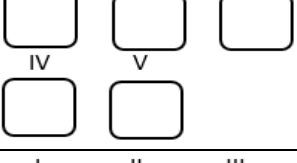
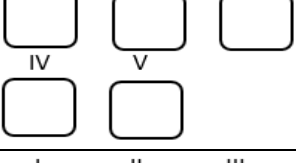
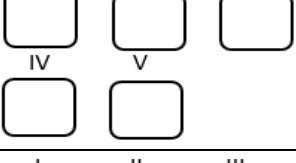


Gama KOVAS	 Pratimas kojoms (su suoliukais) 2 kartus po 10	 Kojų pirštų siekimas įstrižai (stovint) 2 kartus po 10	 Lenkimas per liemenį 2 kartus po 10	 Svoriai rankoms 2 kartus po 10	 Pratimas rankoms (su kamuoliu) 2 kartus po 10
1 savaitė					
2 savaitė					
3 savaitė					
4 savaitė					
5 savaitė	