




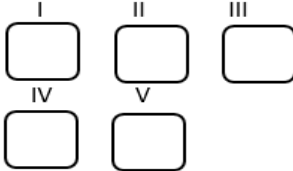
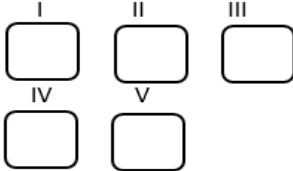
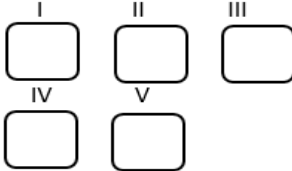
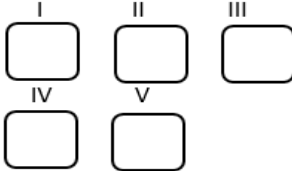
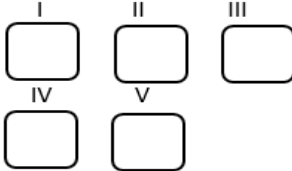
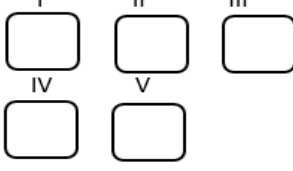
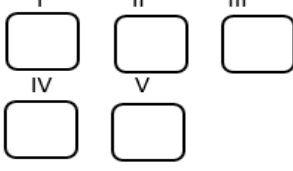
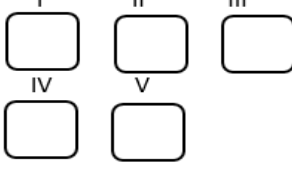
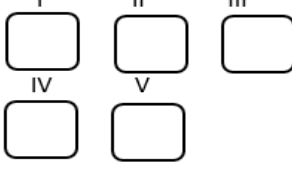
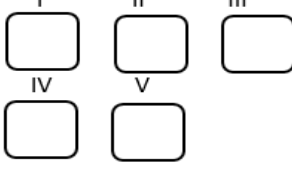
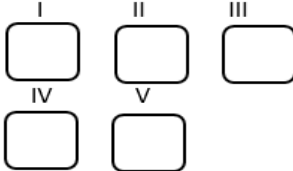
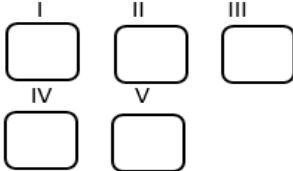
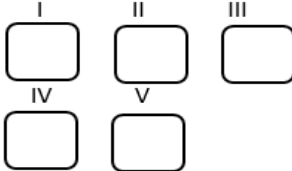
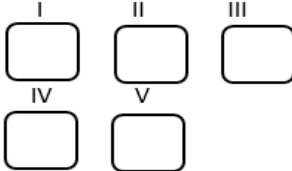
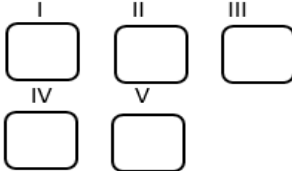
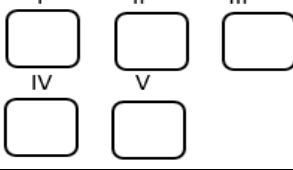
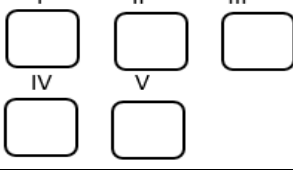
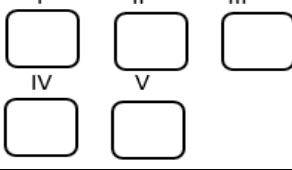
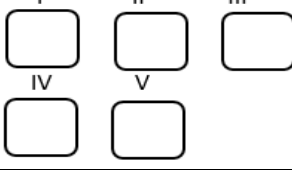
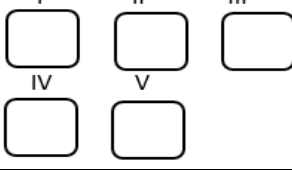


Gama VASARIS	 Pratimas rankoms (su guma)	 Pratimas kaklui	 Masažinio volo lenkimas	 Lenkimas į šonus ištiestomis rankomis (su kamuoliu)	 Rankų kėlimas ir tiesimas į priekį
1 savaitė					
2 savaitė					
3 savaitė					
4 savaitė					
5 savaitė	