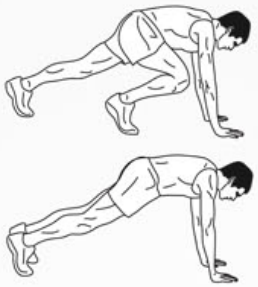
ЗАВОЕВАТЕЛЬ

ТРЕНИРОВКА ОТ DAREBEE © darebee.com

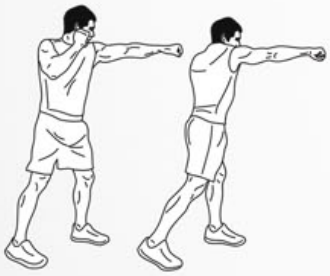
УРОВЕНЬ I 3 подхода **УРОВЕНЬ II** 5 подходов **УРОВЕНЬ III** 7 подходов **ОТДЫХ** до 2 мин

20 приседаний

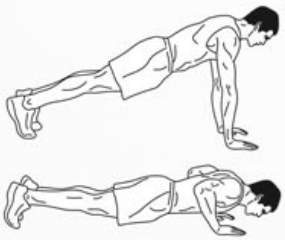


20 медленных “скалолазов”

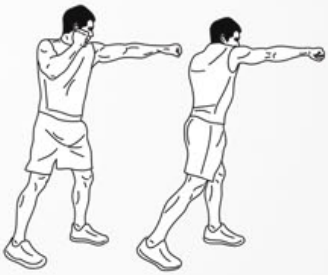
20 приседаний



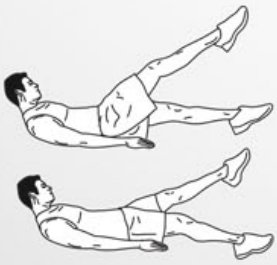
20 прямых ударов



20 отжиманий

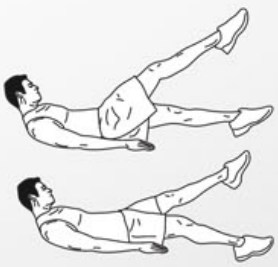


20 прямых ударов



20 махов ногами

20 поворотов корпуса “русский твист”



20 махов ногами