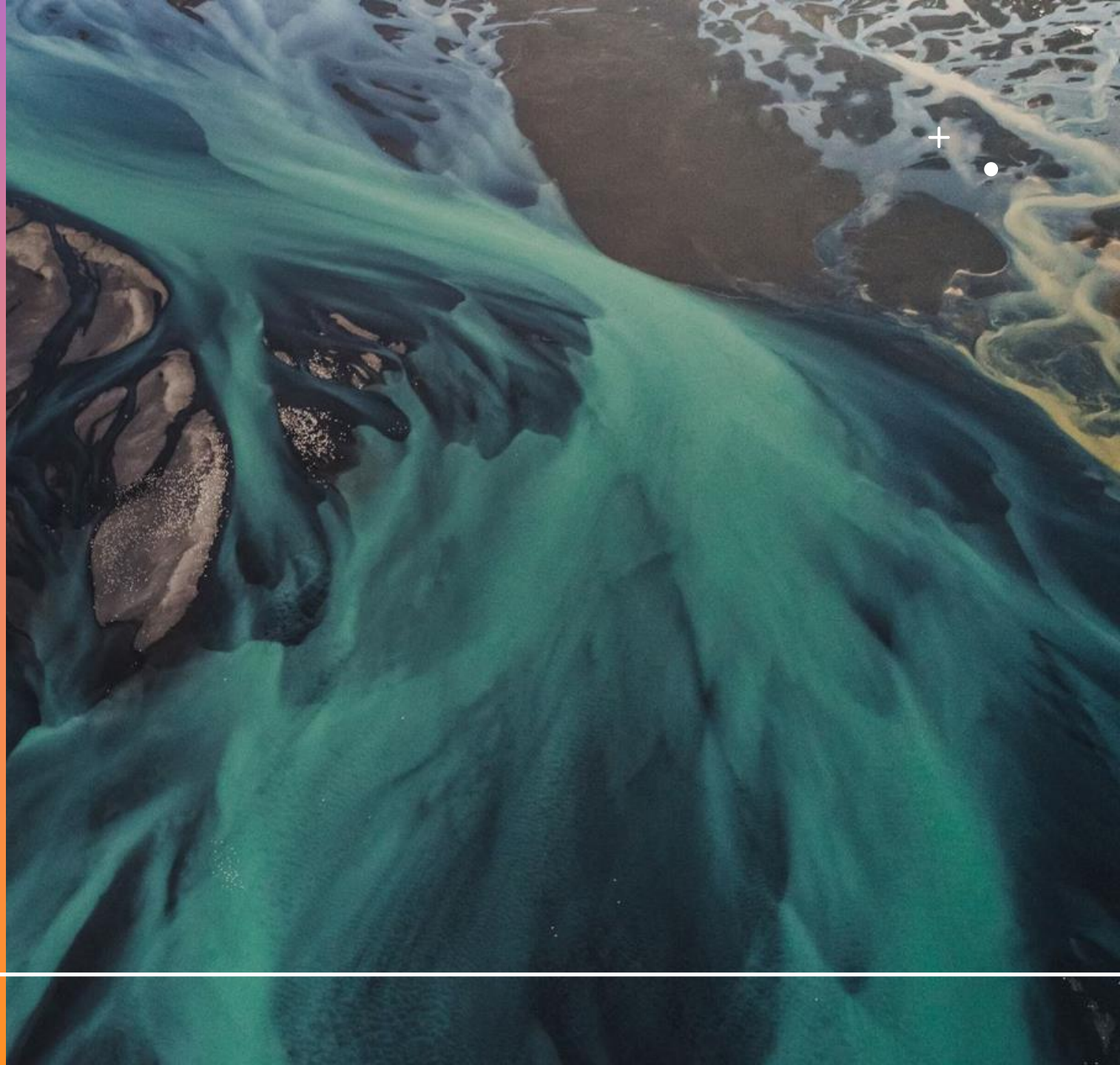


# AEROBNA VAJA

GIBLJEM SE, DA SEM  
ZDRAV; ZDRAV SEM,  
KER SE GIBLJEM.

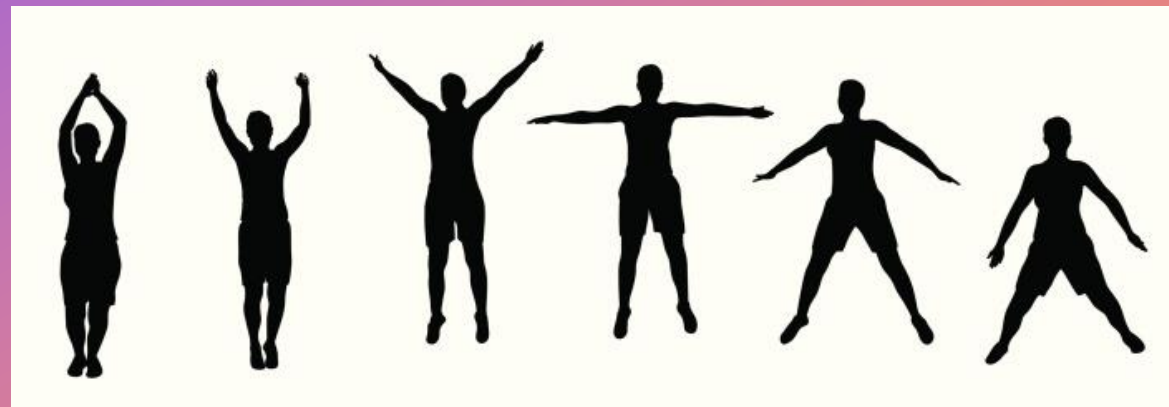
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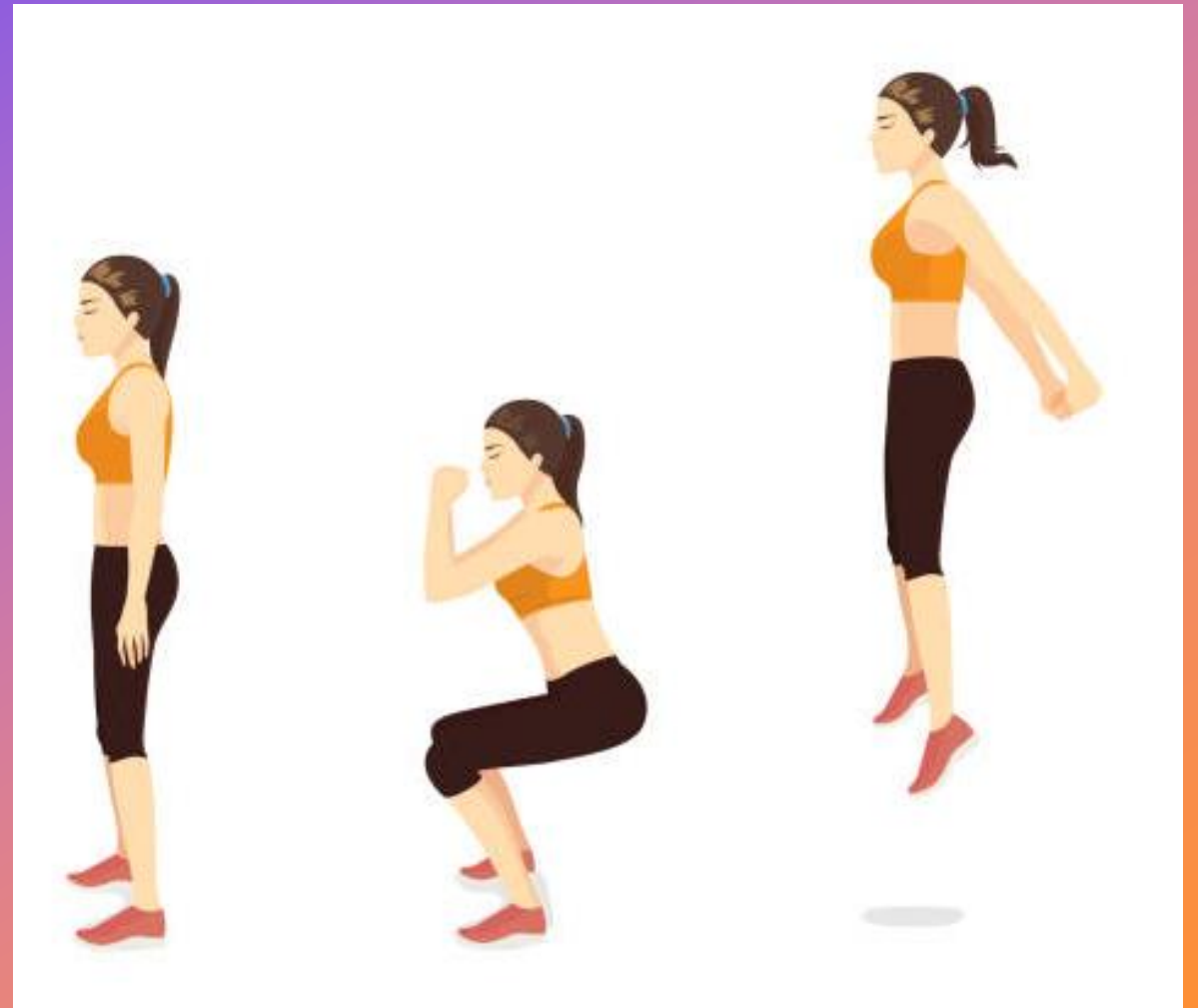
# ZAČNIMO Z MINUTNIM TEKOM NA MESTU



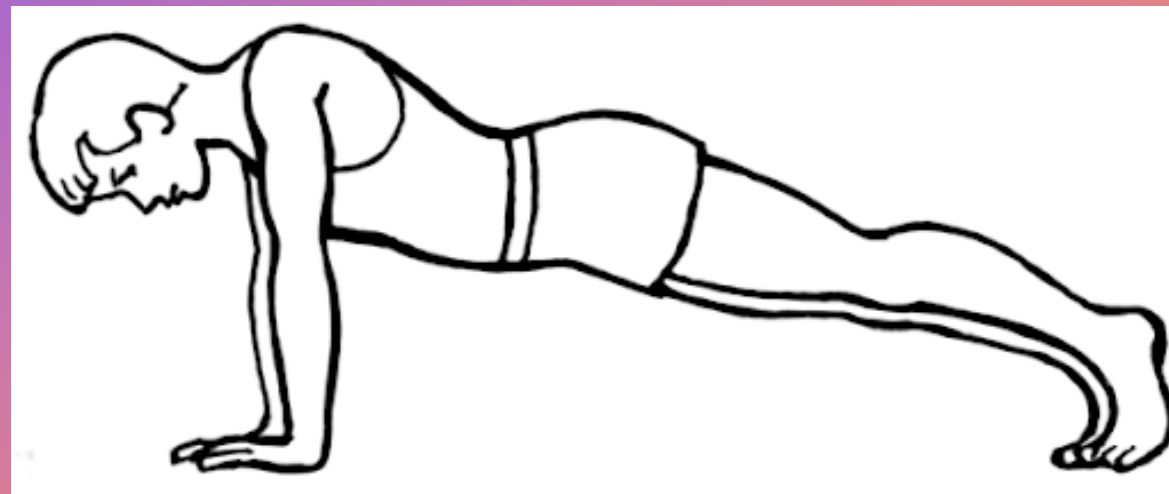
**ZDAJ PA 20  
POSKOKOV  
(GLEJ  
SLIKO)**



ŠE 20  
POSKOKOV  
(GLEJ  
SLIKO)



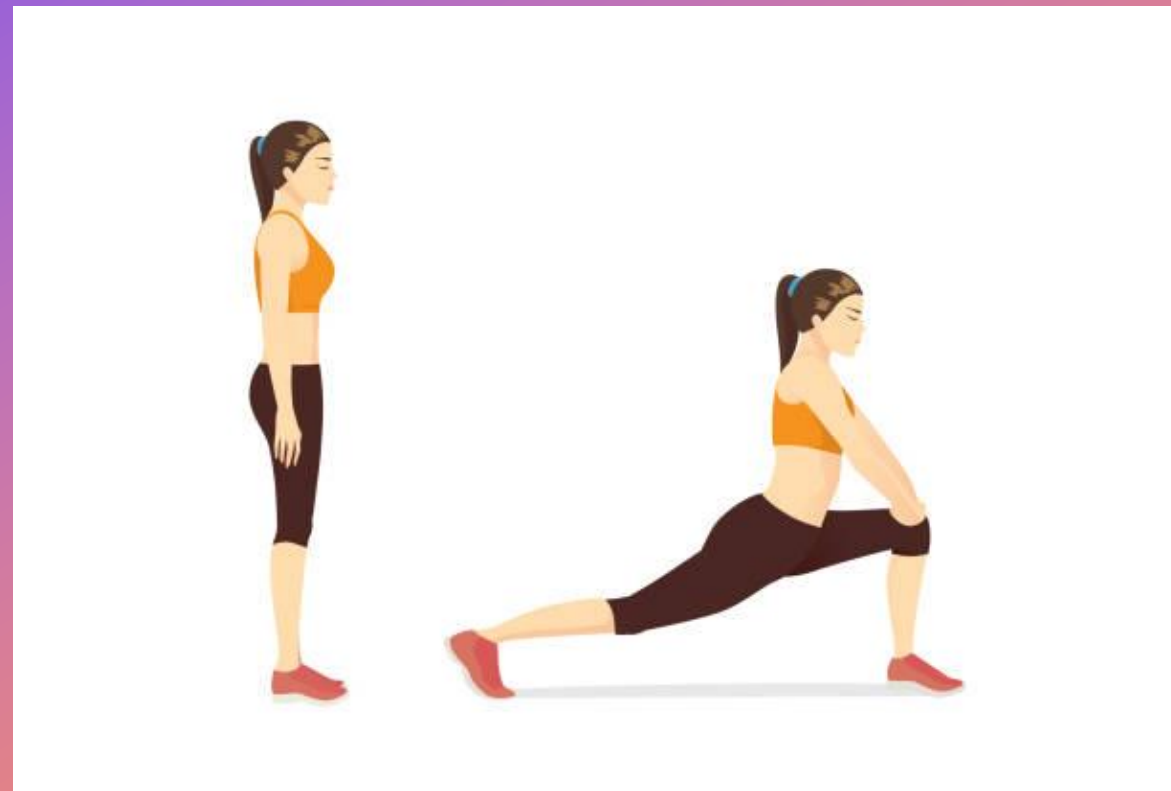
# 20 SKLEC



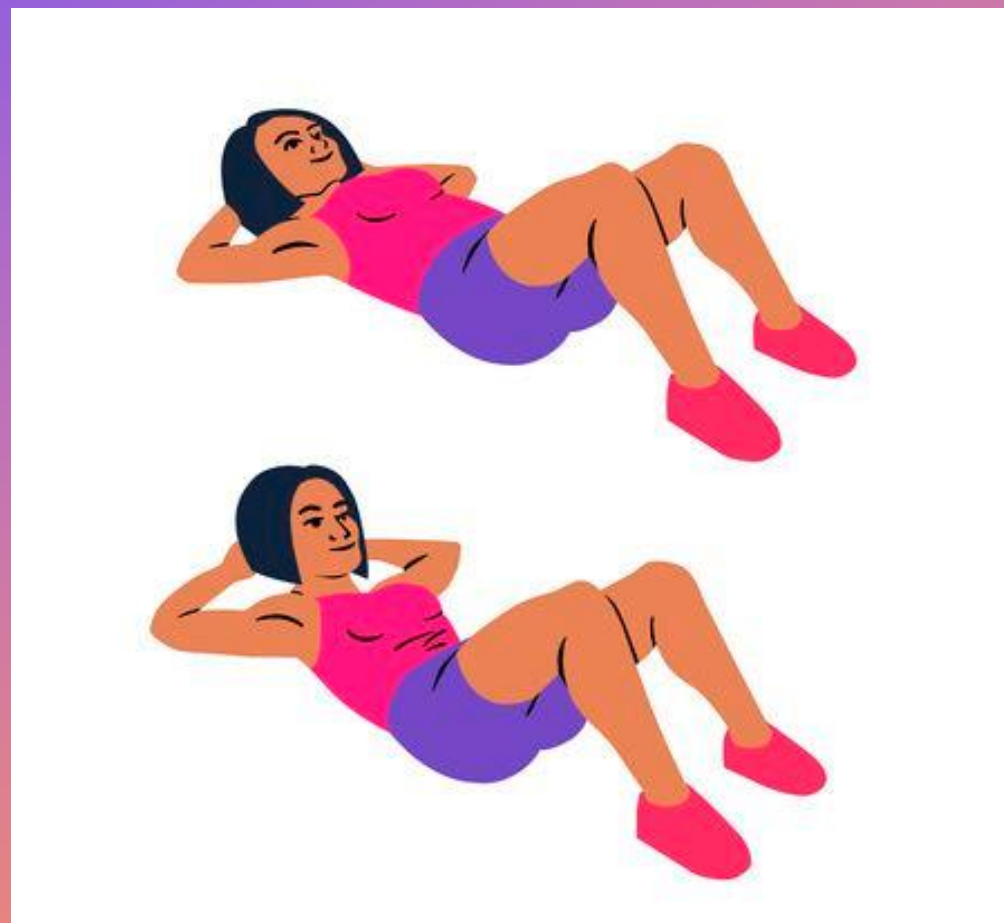
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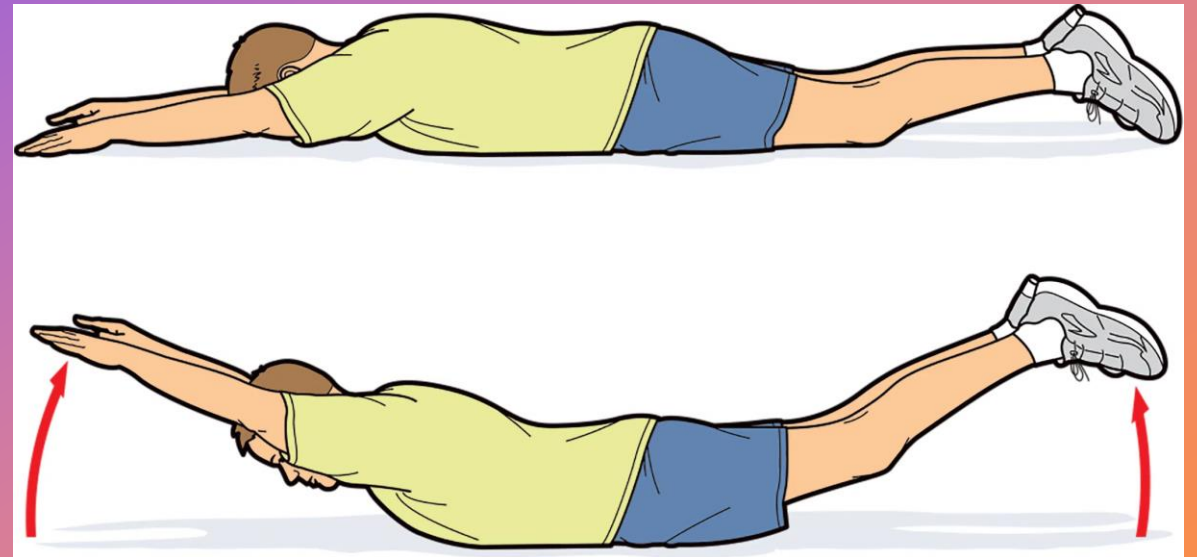
20  
IZPADNIH  
KORAKOV –  
10 Z ENO, 10 Z  
DRUGO NOGO



# 20 TREBUŠNJKOV



# 20 „TJULENJČKOV“





# 20 „PLEZALČKOV“



# RAZTEZNE VAJE



+

o

# IN... POČÍTEK

