

# Flexibilita – hloubka předklonu v sedě 5 sec

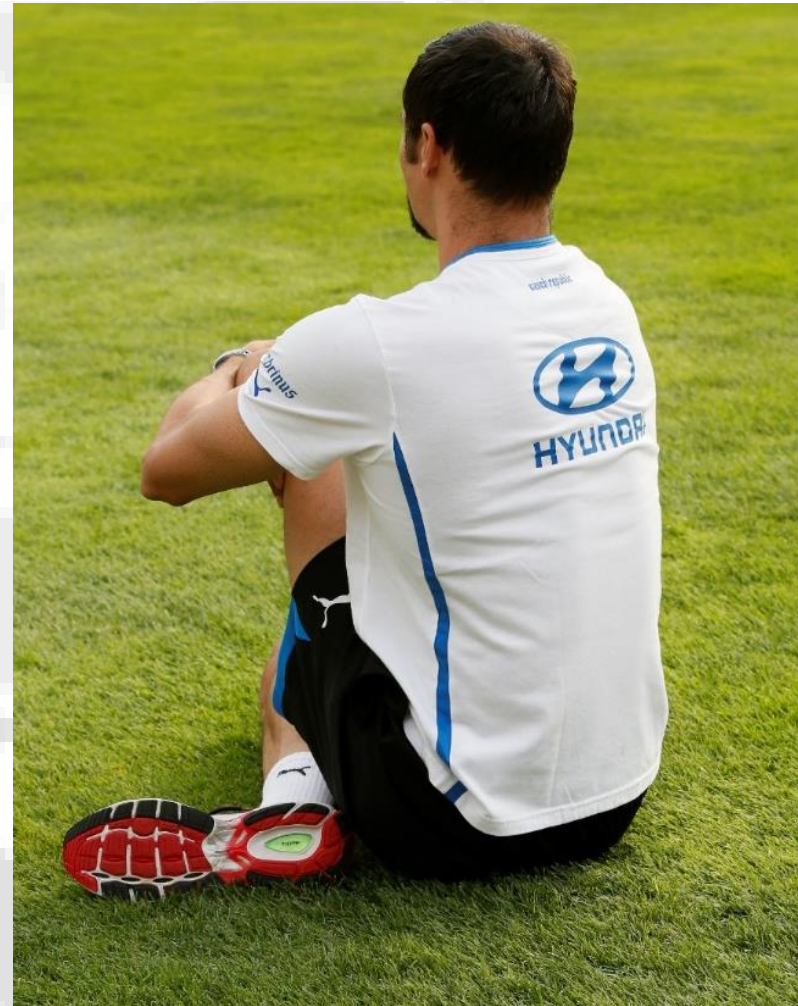
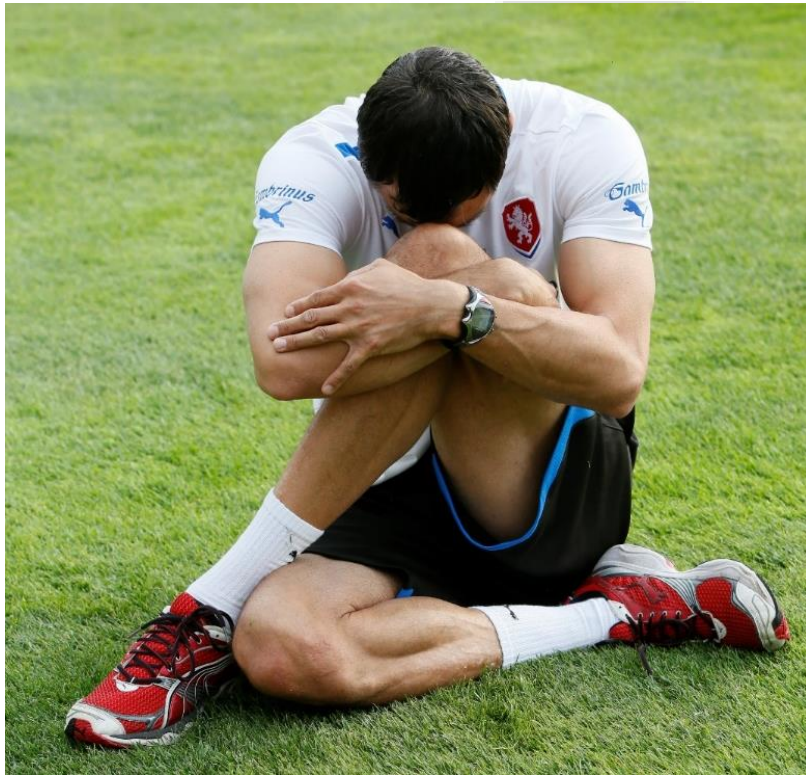


# Široký rozkročný 90° - lokty na zem

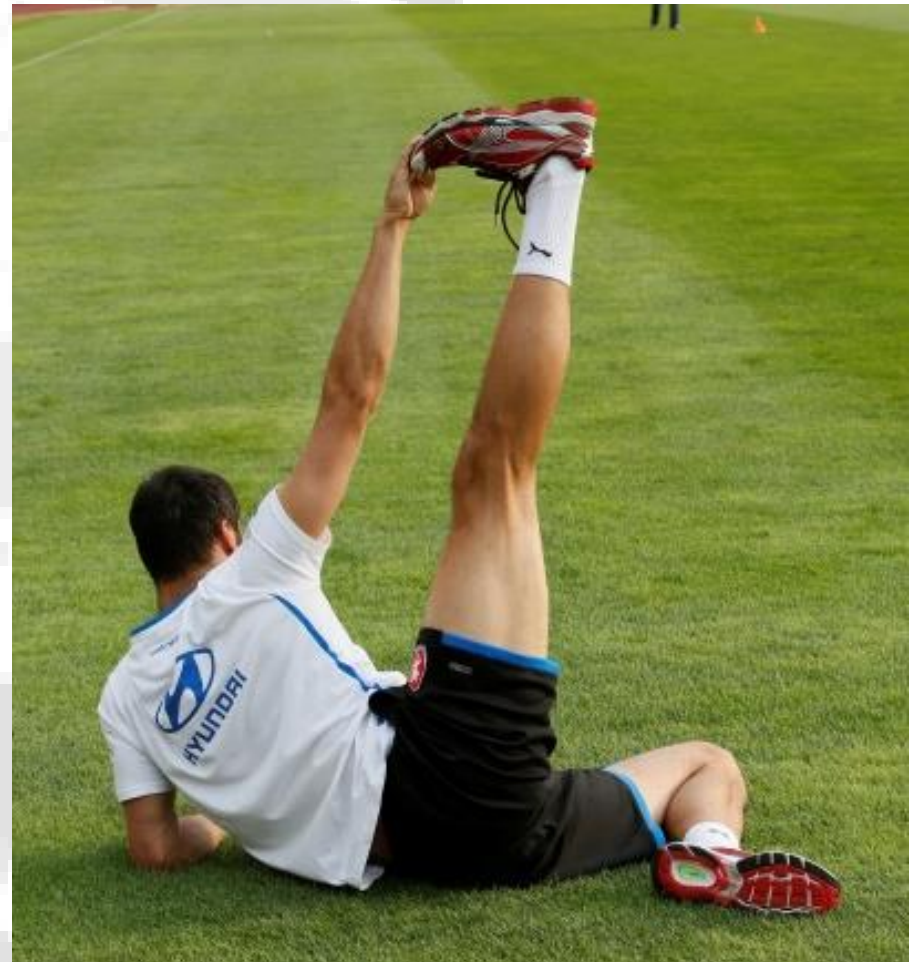




# Flexibilita Gluteus 5 sec

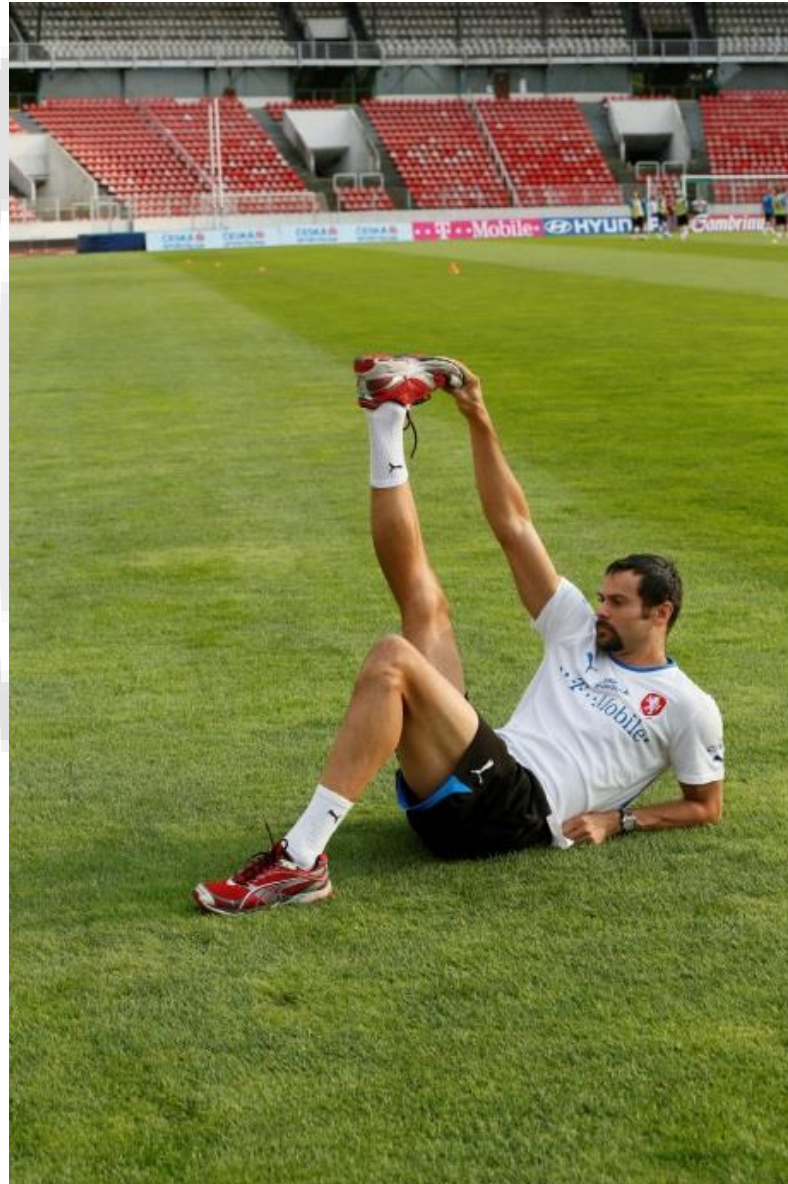


# Flexibilita poloha 1.





## Flexibilita poloha 2.



# Flexibilita poloha 3.



# Flexibilita poloha 4.





# Flexibilita poloha 5.





# Flexibilita poloha 5.



# Petr Čech

