



	<b>rodzaj ćwiczenia</b>	<b>link do ćwiczenia</b>	<b>czas ćwiczenia</b>
1	Mountain Climbers	<a href="http://www.youtube.com/watch?v=De3GI-nC7IQ">www.youtube.com/watch?v=De3GI-nC7IQ</a>	30s
2	Single Leg Runner's Squat	<a href="http://www.youtube.com/watch?v=ytBWFt2QdZA">www.youtube.com/watch?v=ytBWFt2QdZA</a>	30s
3	Twisted Mountain Climber	<a href="http://www.youtube.com/watch?v=QaOHawIJ7Aw">www.youtube.com/watch?v=QaOHawIJ7Aw</a>	30s
4	Jump Planks	<a href="http://www.youtube.com/watch?v=olwdTQEIJNg">www.youtube.com/watch?v=olwdTQEIJNg</a>	30s
5	Lunges	<a href="http://www.youtube.com/watch?v=QOVaHwm-Q6U">www.youtube.com/watch?v=QOVaHwm-Q6U</a>	30s
<b>Odpoczynek 2 min</b>			
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**ćwiczenia z piłką po zakończonych 5 rundach ćw. bez piłek**

[www.youtube.com/watch?v=vQVc9HMmeh8](http://www.youtube.com/watch?v=vQVc9HMmeh8)

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