









ROZCIĄGANIE DYNAMICZNE

Lp	Ćwiczenie	Zdjęcie
1	Siad V	
2	Wymachy w świecy bok	
3	Wymachy w świecy przód	
4	Dynamiczne przeskoki	
5	Rotacje w moście	

6	Przód-tył stretch	 A man in black athletic wear is performing a front-back stretch on a dark mat. He is on all fours, with his hands on the floor and his feet pulled towards his hands. A black box in the bottom right corner of the video frame shows the time 0:39. 0:39
7	Wstawanie sprinterskie	 A man in black athletic wear is in a low, wide starting stance on a dark mat. He is leaning forward with his hands on the floor and feet wide apart. A black box in the bottom right corner of the video frame shows the time 0:36. 0:36
8	WGS	 A man in black athletic wear is in a low, wide starting stance on a dark mat, similar to the previous exercise but with a different foot placement. A black box in the bottom right corner of the video frame shows the time 0:32. 0:32