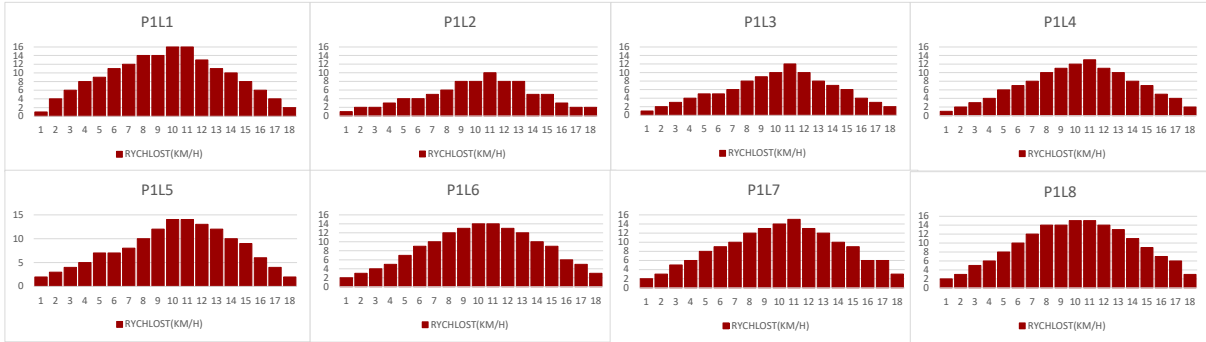
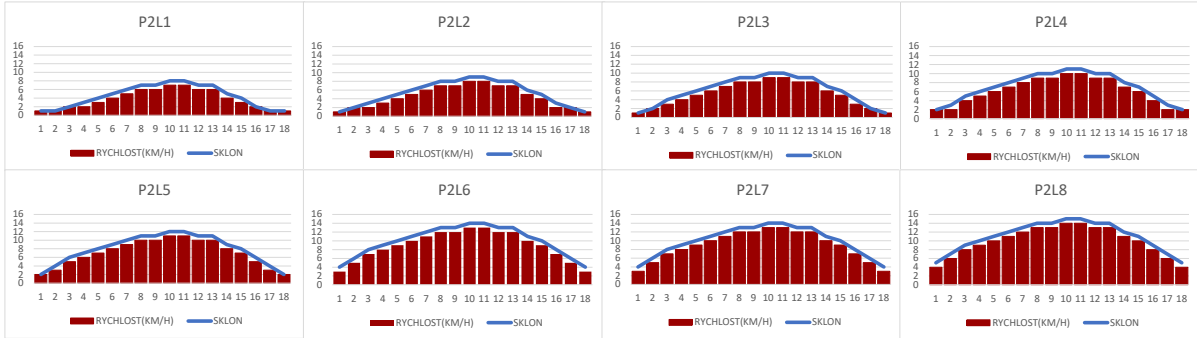


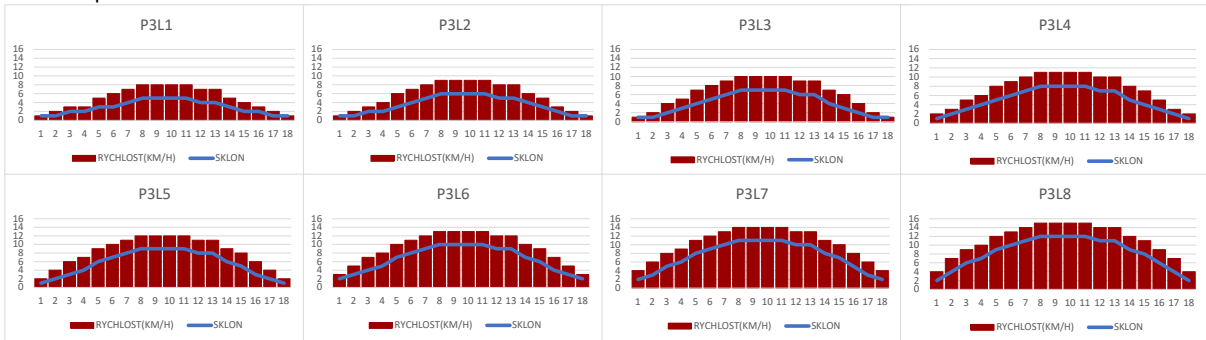
## Hubnutí



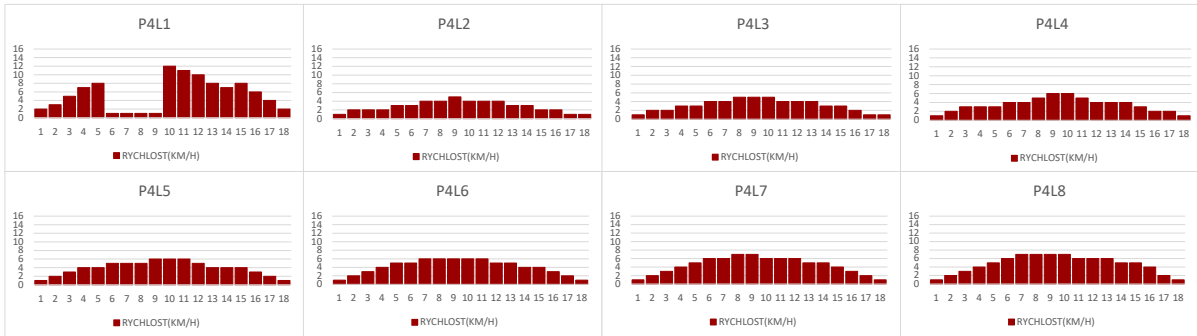
## Kardio trénink



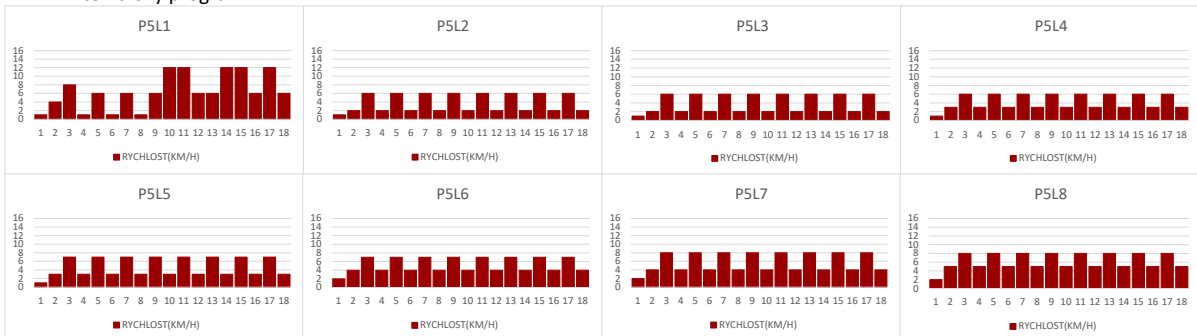
## Spalování tuků



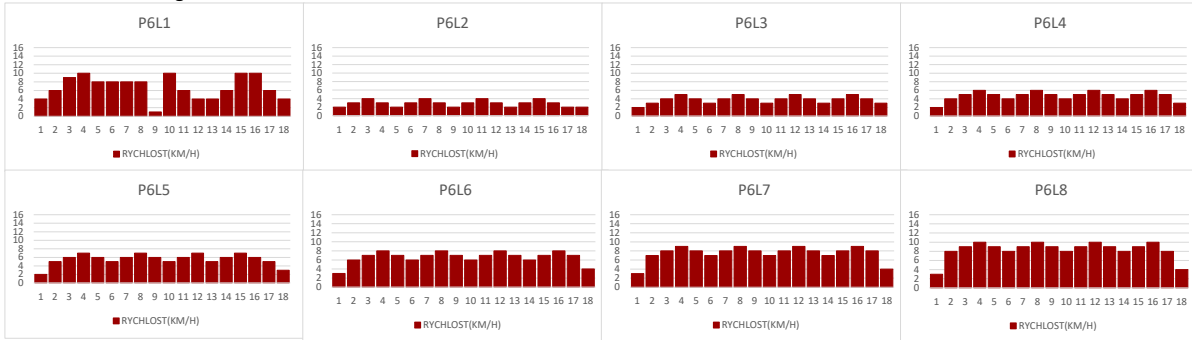
## Silová chůze



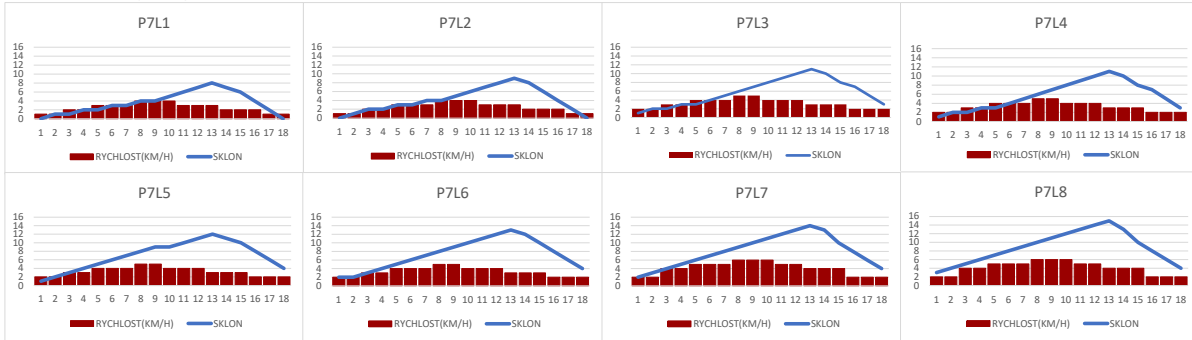
## Intervalový program



### Rolling



### Alpinig



### Běh do kopce

