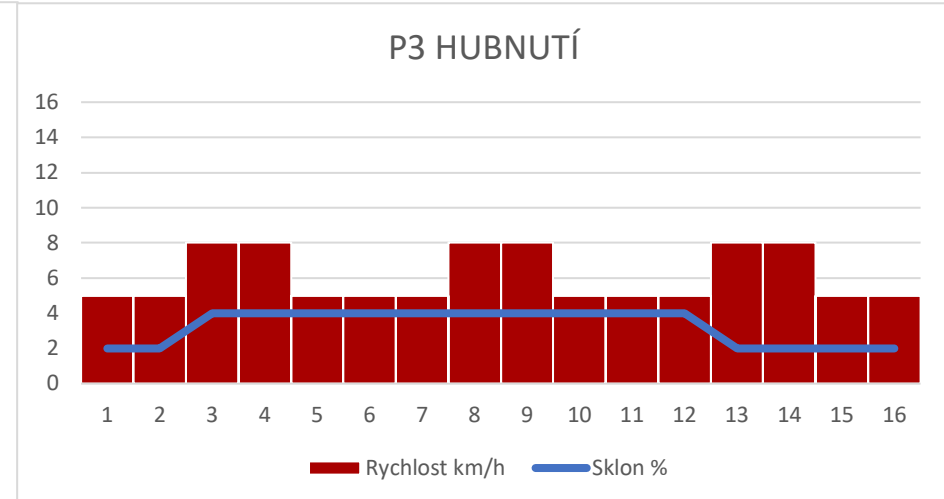
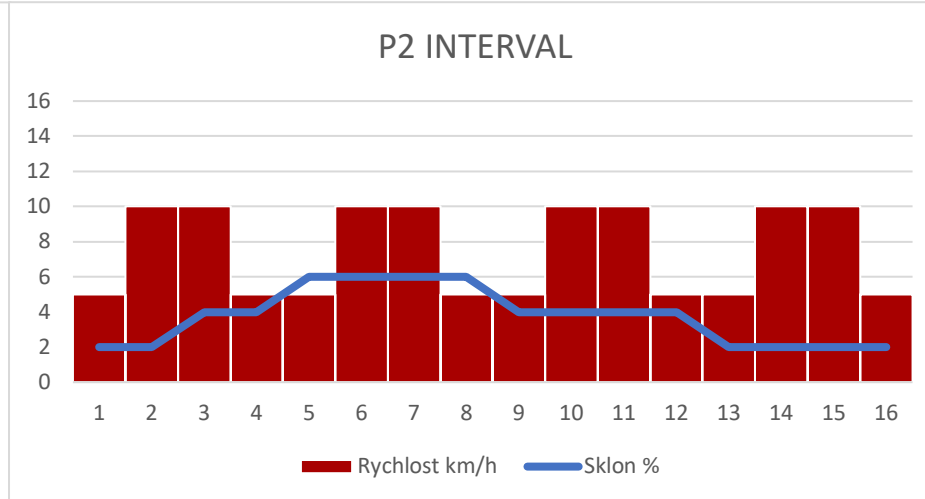
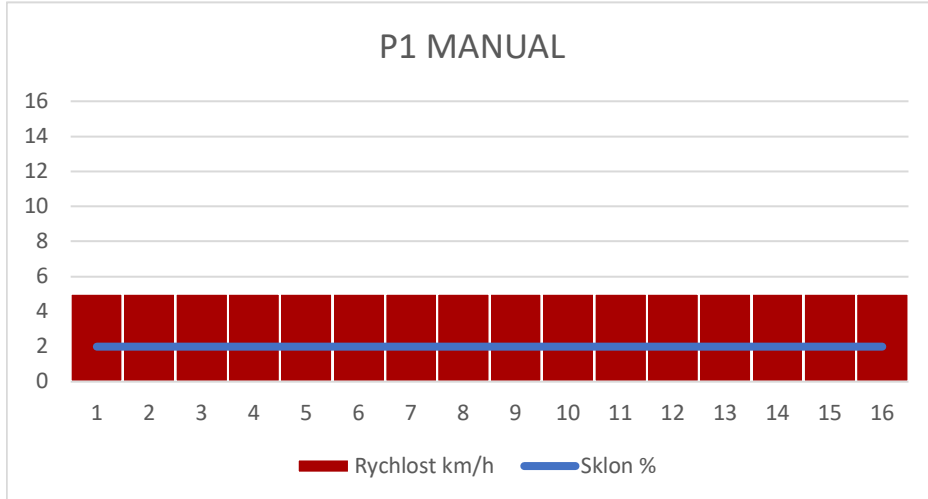


MANUÁLNÍ PROGRAM

INTERVALOVÝ PROGRAM

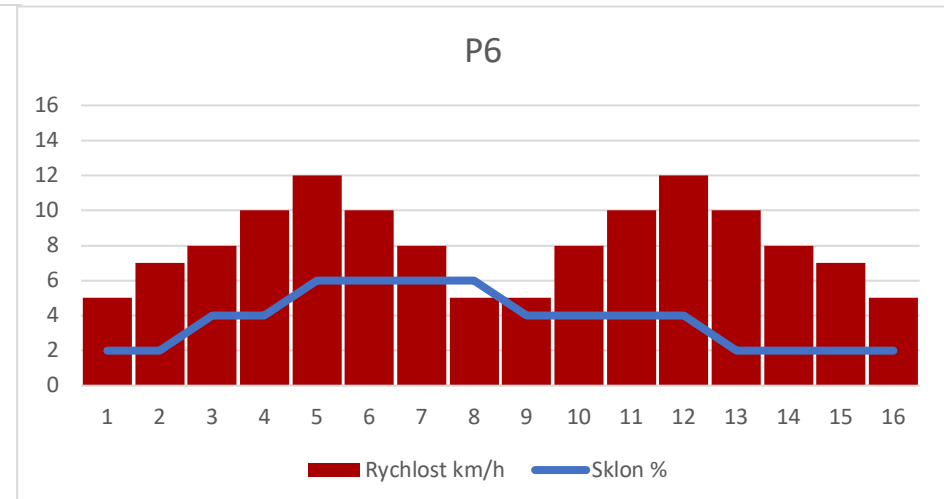
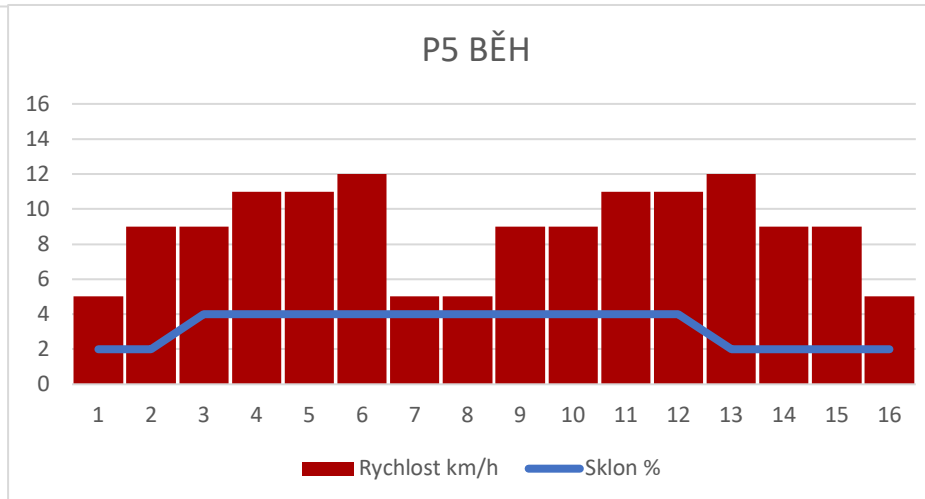
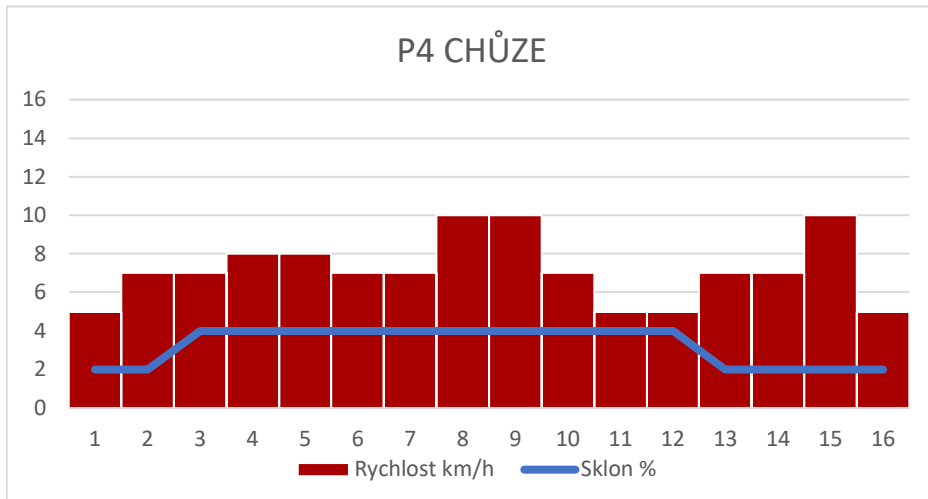
HUBNUTÍ



CHŮZE

BĚH

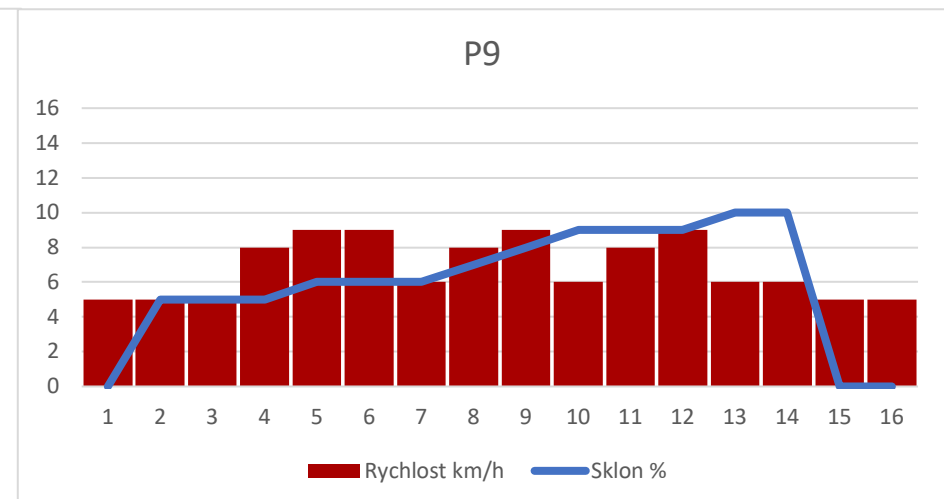
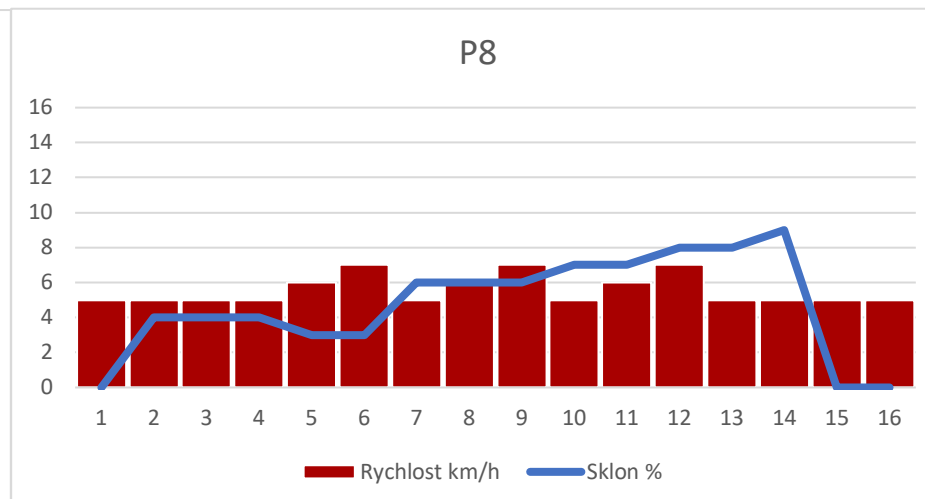
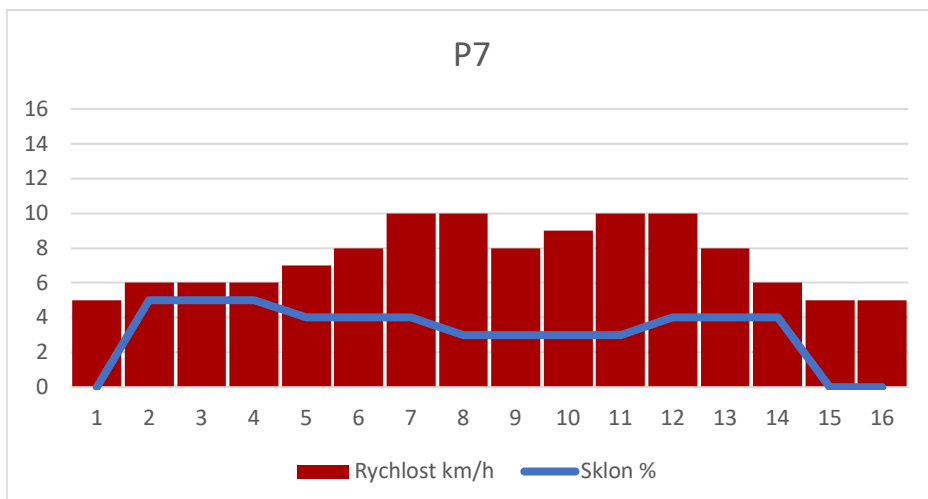
PROGRAM P6



PROGRAM P7

PROGRAM P8

PROGRAM P9



PROGRAM P10

PROGRAM P11

PROGRAM P12

