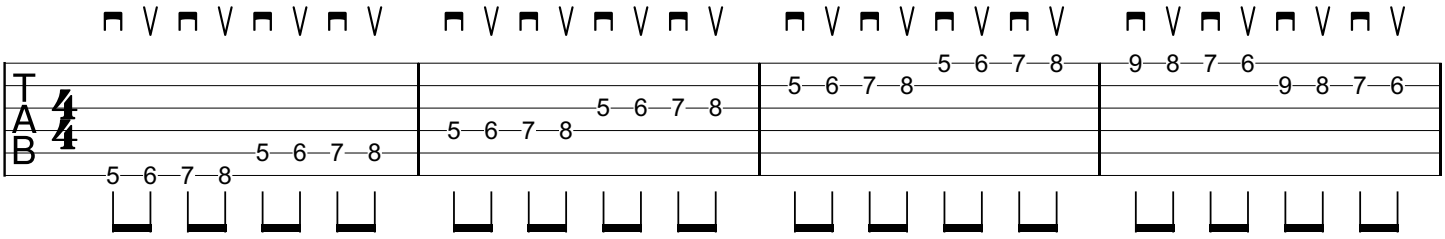
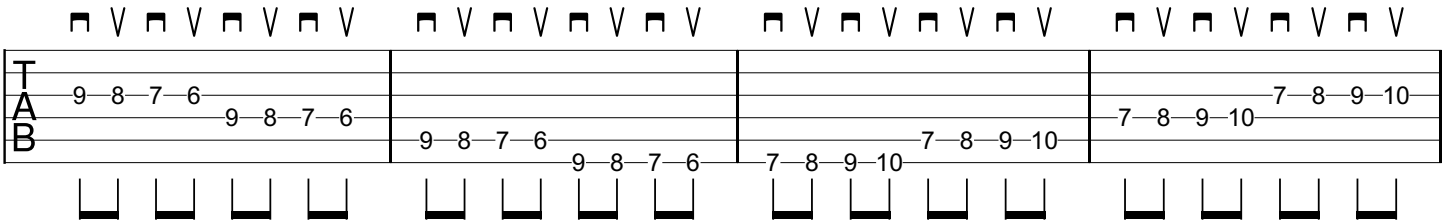
# Rutina zagrijavanja

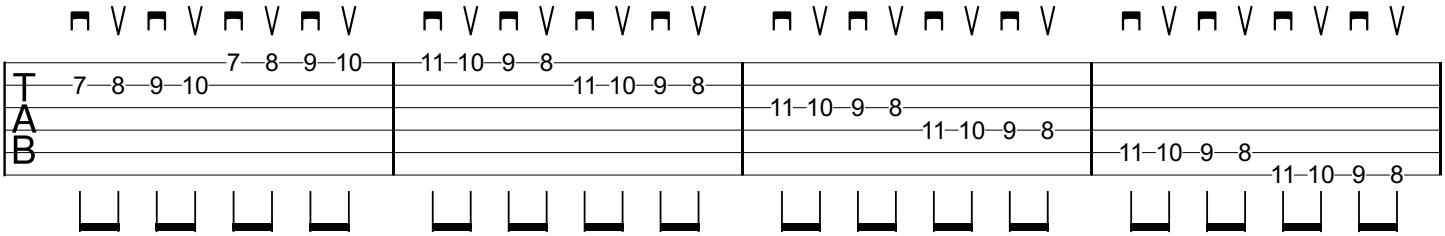
## Sinkronizacija dvije ruke

**Spider vježba**

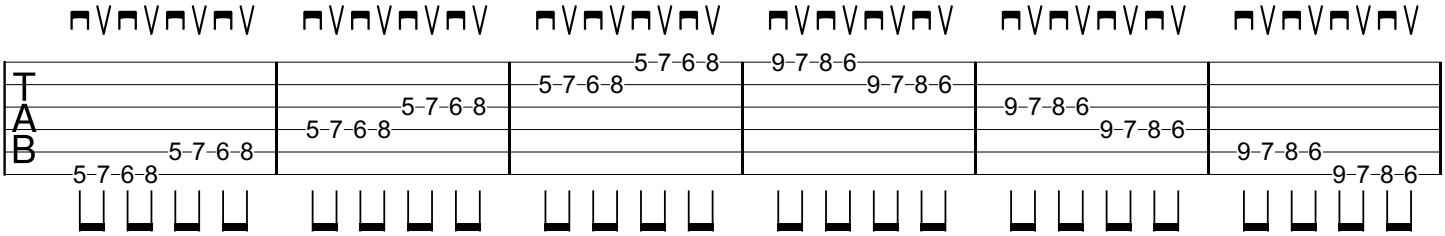


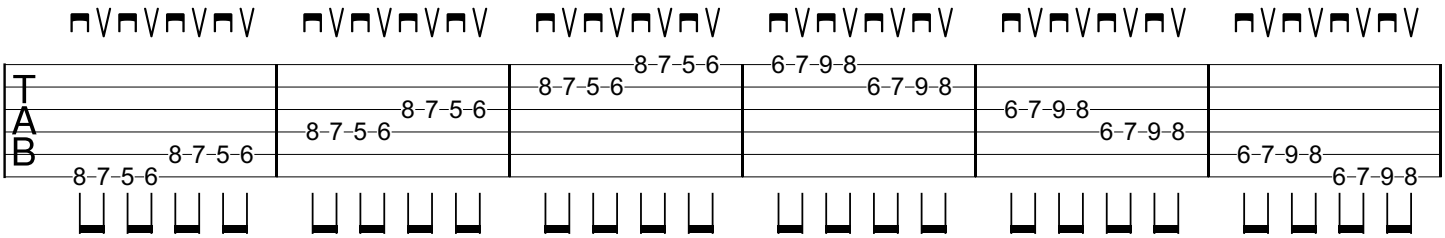

**itd...**



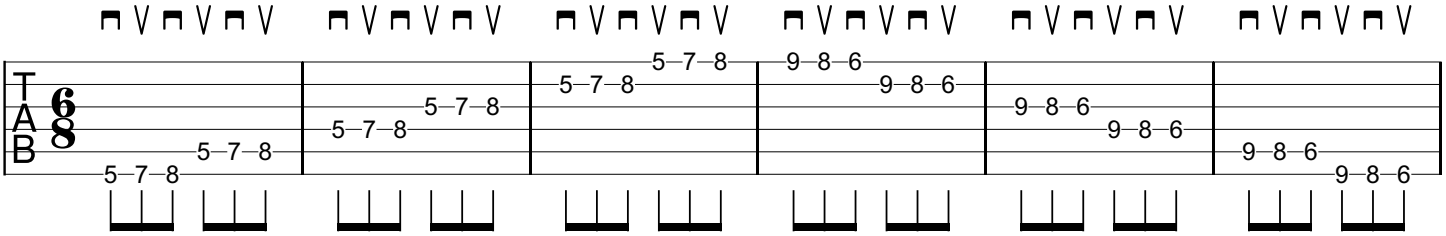

**Spider vježba - Drukčija varijacija** **itd...**



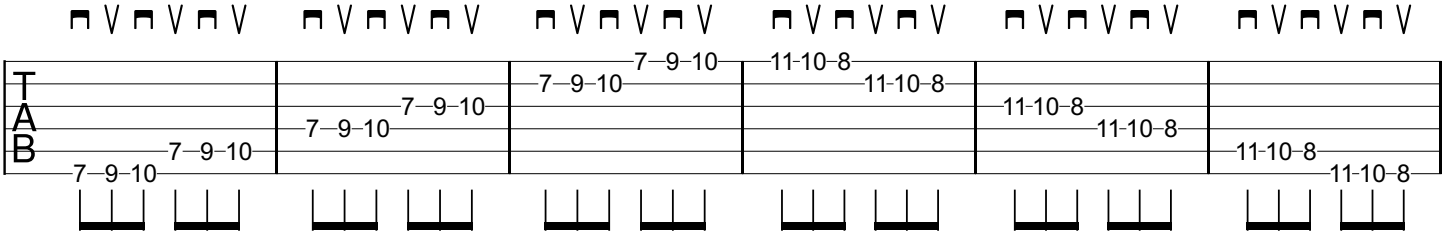

**Spider vježba - Još jedna varijacija** **itd...**



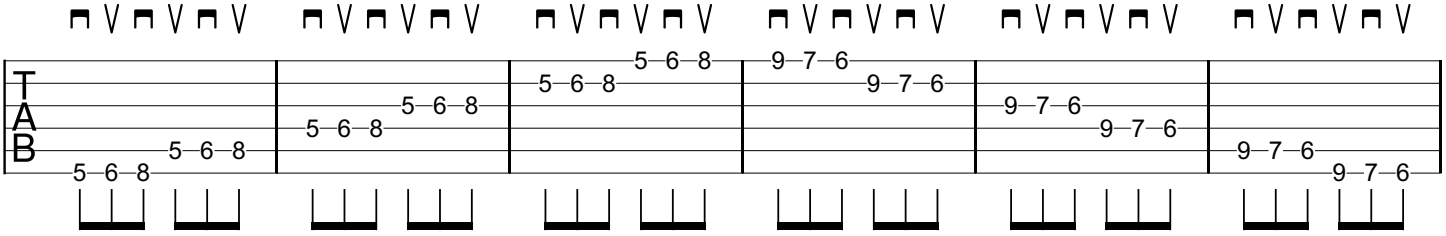
**Vježba kao u skalama - Kombinacija prstiju 1, 3 i 4**

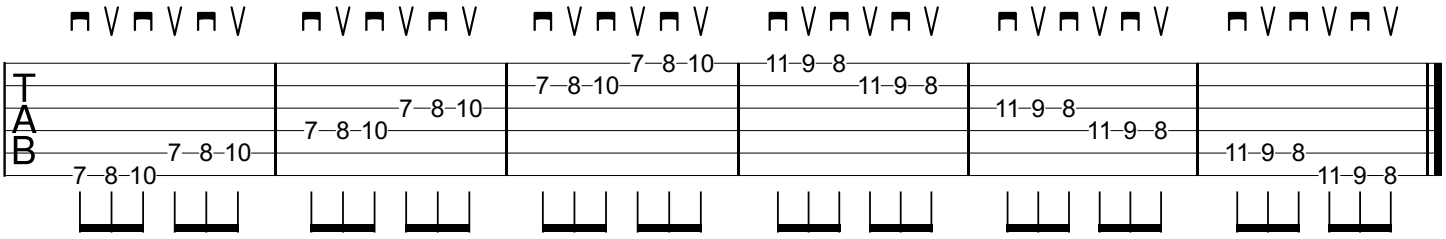



**itd...**




**Vježba kao u skalama - Kombinacija prstiju 1, 2 i 4**




**itd...**