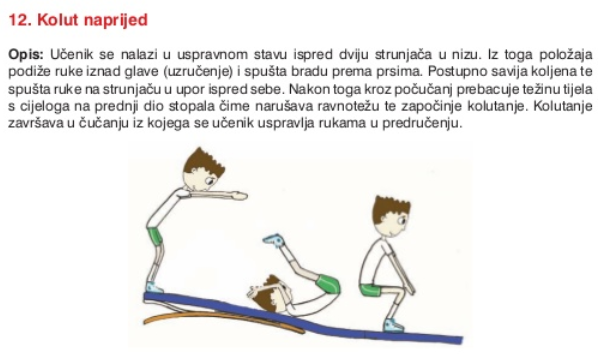
PRIPREMNI DIO SATA

<https://mail.google.com/mail/u/0/#search/tzk/QgrcJHrttjvhdDHXfCkBcQGvDbCnqXGvSrg?projector=1><https://www.youtube.com/watch?v=8M9gsu3lYHc>

GLAVNI A DIO SATA

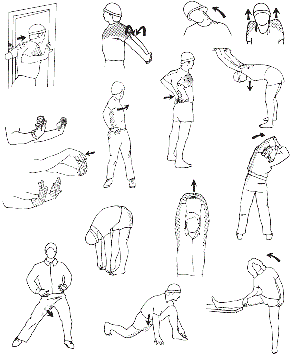


<https://www.youtube.com/watch?v=MVwe-qNQjLs>



<https://www.youtube.com/watch?v=iLNQ1-rGOnY>

ZAVRŠNI DIO SATA:

Vježbe istezanja sa slika radi polako i koliko možeš