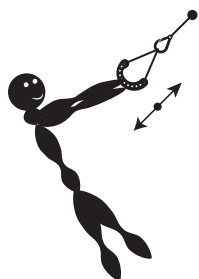


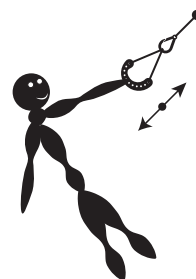
1.



Zhyby na dvoch rukách v stoji
vyrovnané nohy
Pull up on hands standing straight legs



Zhyby na jednej ruke v stoji
vyrovnané nohy
Pull up on one hand standing straight legs

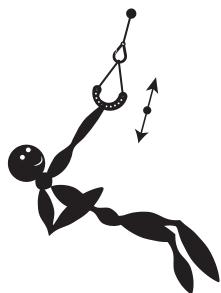


Zhyby na jednej ruke v stoji
striedanie rúk
Pull up on one hand standing changing hands

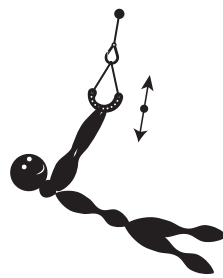


Zhyby na jednej ruke v stoji
striedanie rúk
fix - ruka v pravom uhle
fix - ruka v plnom zhybe
Pull up
on one hand standing changing hands
fix - hand in right angle
fix - hand in pull up

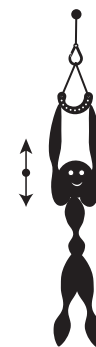
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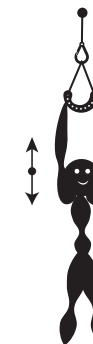
Zhyby na dvoch rukách
v šikmej polohe pokrčené nohy
Pull up on hands tipped bent legs



Zhyby na dvoch rukách
v šikmej polohe vyrovnané nohy
Pull up on hands tipped straight legs

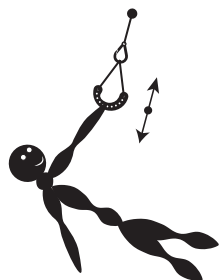


Zhyby na dvoch rukách
Pull up on hands

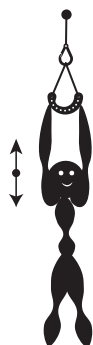


Zhyby na dvoch rukách
fix - ruky v pravom uhle
fix - ruky v plnom zhybe
Pull up on hands
fix - hands in right angle
fix - hands in pull up

3.



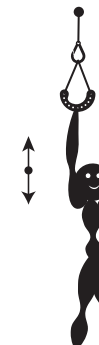
Zhyby na jednej ruke
v šikmej polohe
Pull up on one hand tipped



Zhyby na jednej ruke
s pomocou druhej ruky
Pull up on one hand with second hand aid



Zhyby na jednej ruke
Pull up on one hand

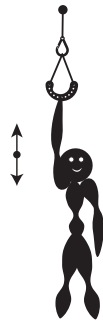


Zhyby na jednej ruke
fix - ruka v pravom uhle
fix - ruka v plnom zhybe
Pull up
on one hand
fix - hand in right angle
fix - hand in pull up

4.



Zhyby na jednej ruke v šikmej polohe
striedanie rúk
Pull up on one hand tipped changing hands



Zhyby na jednej ruk striedanie
rúk s pomocou druhej ruky
Pull up on one hand changing
hands with second hand aid

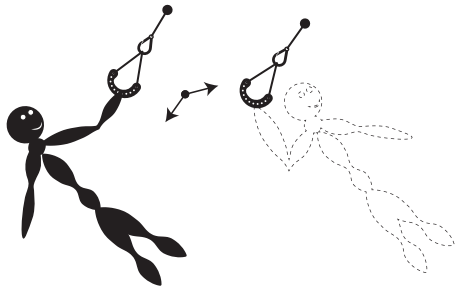


Zhyby na jednej ruke
striedanie rúk
Pull up on one hand changing hands

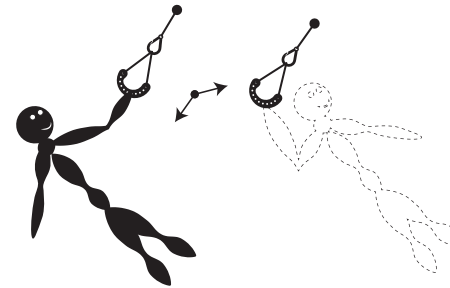


Zhyby na jednej ruke
striedanie rúk
fix - ruka v pravom uhle
fix - ruka v plnom zhybe
Pull up on one hand changing hands
fix - hand in right angle
fix - hand in pull up

5.



Zhyby na jednej ruke
v šikmej polohe striedanie rúk pretlačanie
cez rameno do tricepsu
Pull up on one hand tipped changing hands
push up over arm into the triceps



Zhyby na jednej ruke
v šikmej polohe striedanie rúk pretlačanie
cez rameno do tricepsu
fix - ruka v pravom uhle
fix - ruka v plnom zhybe
fix - ruka v tricepse
Pull up on one hand tipped changing hands
push up over arm into the triceps
fix - hand in right angle
fix - hand in pull up
fix - hand in triceps

6.

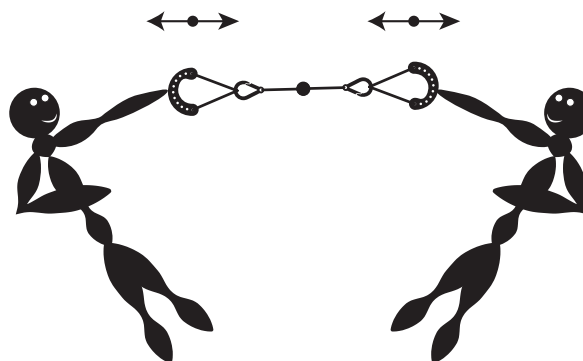


Pretáčanie tela zohnuté ruky
vyrovnané nohy
Body rotation Bent hands Straight legs



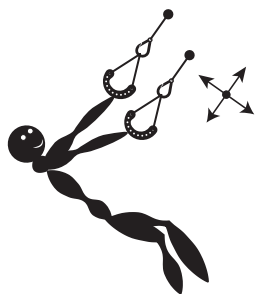
Pretáčanie tela vyrovnané ruky
vyrovnané nohy
Body rotation Straight hands Straight legs

7.

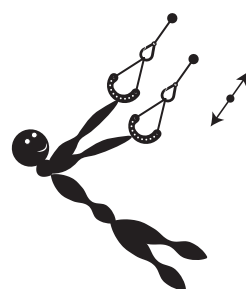


Zhyby V stoji
Striedanie rúk
Vo dvojici
Pull up standing changing hands in pair

8.



Zhyby na dvoch rukách
v šikmej polohe pokrčené nohy
Pull up on hands tipped bent legs

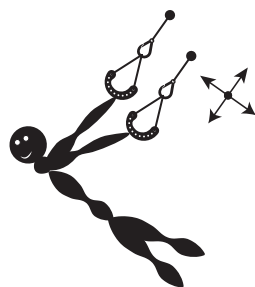


Zhyby na dvoch rukách v šikmej polohe
vyrovnané nohy
Pull up on hands tipped straight legs



Zhyby na dvoch rukách
Pull up on hands

9.

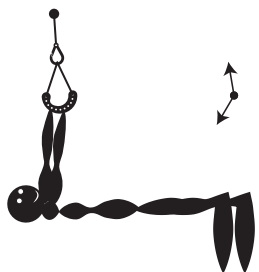


Rozpor ramien dozadu
Spreading arms backward

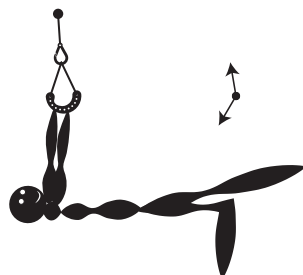


Rozpor ramien dopredu
Spreading arms forward

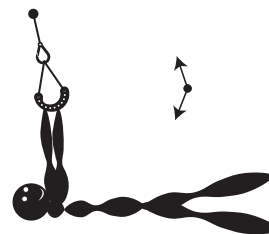
10.



Váha na dvoch rukách zohnuté nohy
Arm front lever on hands bent legs



Váha na dvoch rukách striedanie nôh
Arm front lever on hands changing legs

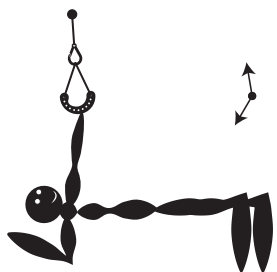


Váha na dvoch rukách vyrovnané nohy
Arm front lever on hands straight legs

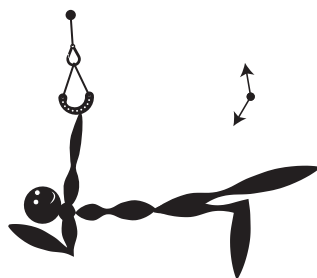


Váha na dvoch rukách fix
Arm front lever on hands fix

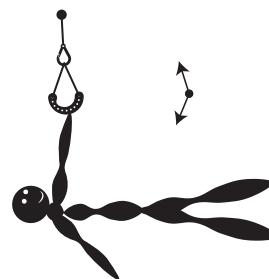
11.



Váha na jednej ruke zohnuté nohy
Arm front lever on one hand bent legs



Váha na jednej ruke striedanie nôh
Arm front lever on one hand cahanging legs

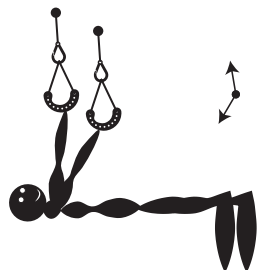


Váha na jednej ruke vyrovnané nohy
Arm front lever on one hand straight legs

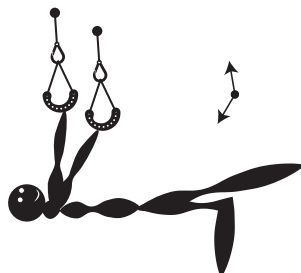


Váha na jednej ruke fix
Arm front lever on one hand fix

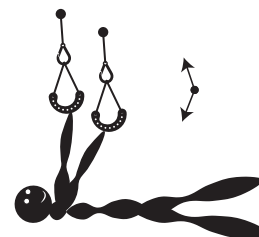
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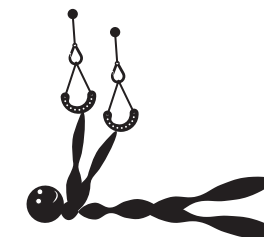
Váha na dvoch rukách zohnuté nohy
Arm front lever on hands bent legs



Váha na dvoch rukách striedanie nôh
Arm front lever on hands cahanging legs

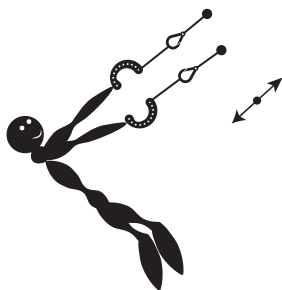


Váha na dvoch rukách vyrovnané nohy
Arm front lever on hands straight legs

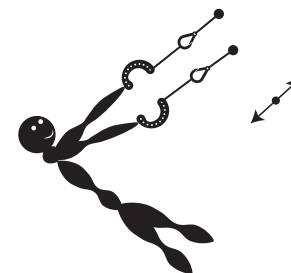


Váha na dvoch rukách fix
Arm front lever on hands fix

13.

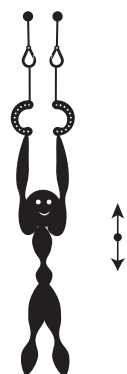


Zhyby na prstoch na dvoch rukách v šikmej polohe pokrčené nohy
Pull up with fingers on hands tipped bent legs



Zhyby na prstoch na dvoch rukách v šikmej polohe vyrovnané nohy
Pull up with fingers on hands tipped straight legs

14.



Zhyby na prstoch na dvoch rukách
Pull up with fingers on one hand tipped bent legs



Zhyby na prstoch na jednej ruke v šikmej polohe pokrčené nohy
Pull up with fingers on one hand tipped bent legs

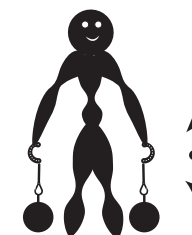


Zhyby na prstoch na jednej ruke v šikmej polohe vyrovnané nohy
Pull up with fingers on one hand tipped straight legs

15.

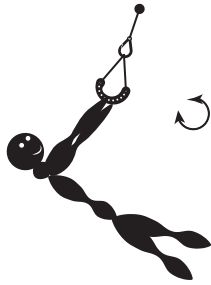


Zhyby na prstoch na jednej ruke
Pull up with fingers on one hand



Zhyby na prstoch na dvoch rukách so závažím
Pull up with fingers on hands with load

16.



Natáčanie tela do strán
vyrovnané ruky vyrovnané nohy
Body rotation into the sides straight hands
straight legs

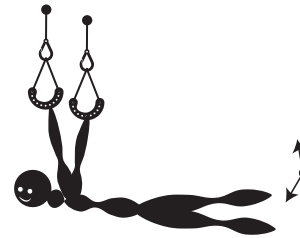


Váha na dvoch rukách
dole tvárou zohnuté nohy
Arm front lever on hands face down bent legs

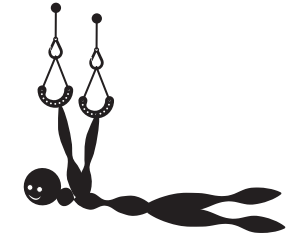
17.



Váha na dvoch rukách dole
tvárou striedanie nôh
Arm front lever on hands face down
changing legs

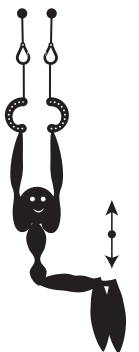


Váha na dvoch rukách dole
tvárou vyrovnané nohy
Arm front lever on hands face down straight legs

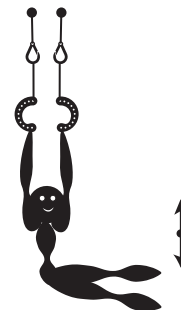


Váha na dvoch rukách dole
tvárou fix
Arm front lever on hands face down
fix

18.



Zdvíhanie nôh
zohnuté nohy
Lifting legs bent legs



Zdvíhanie nôh
vyrovnané nohy
Lifting legs straight legs



Zdvíhanie nôh
vyrovnané nohy
fix
Lifting legs straight legs, fix



a mnoho ďalších cvikov...
and many more other exercises...