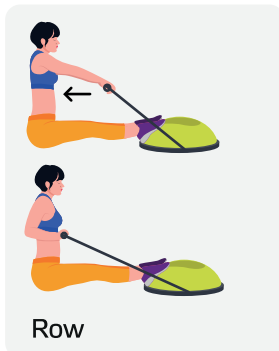
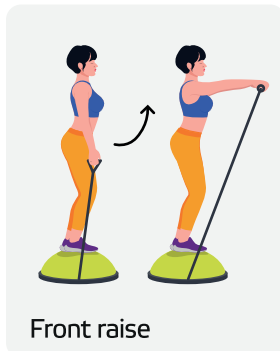
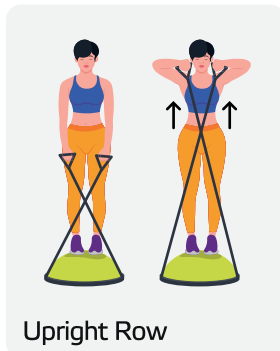
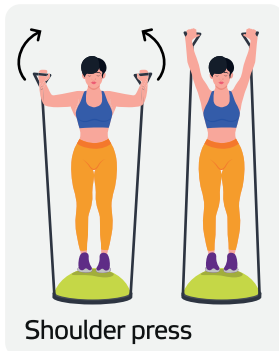
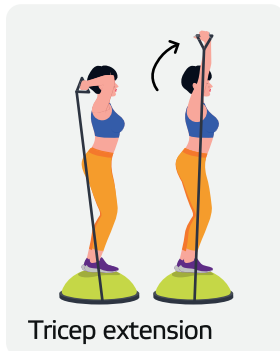
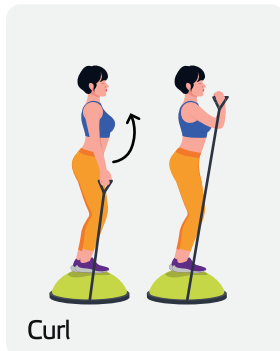
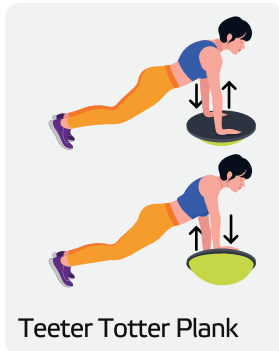
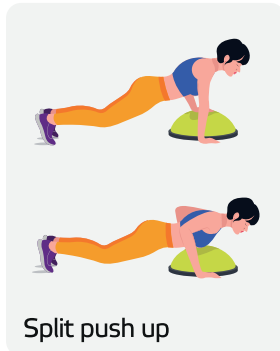
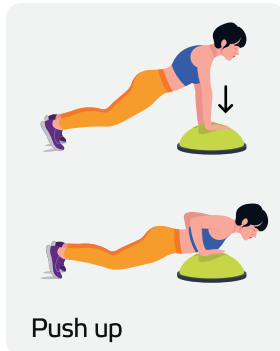


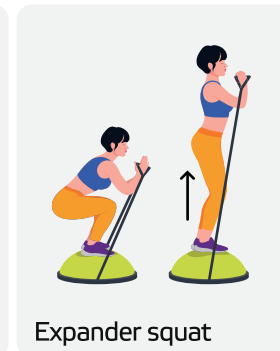
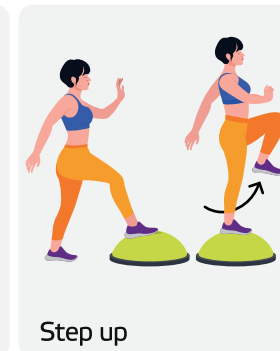
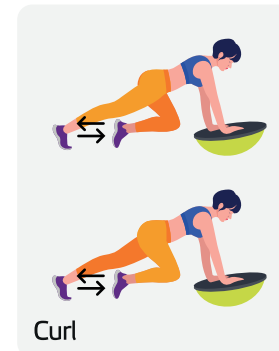
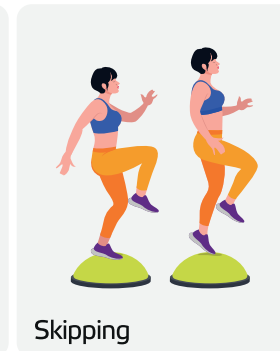
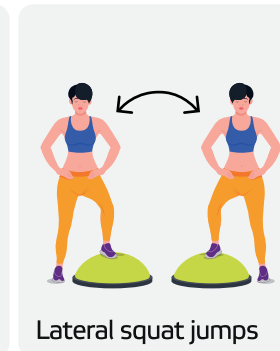
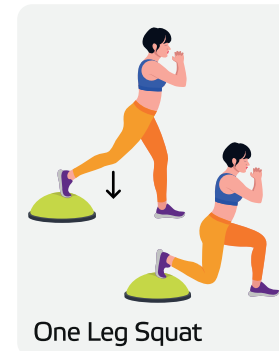
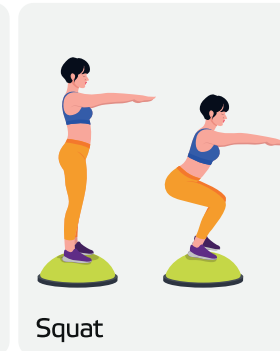
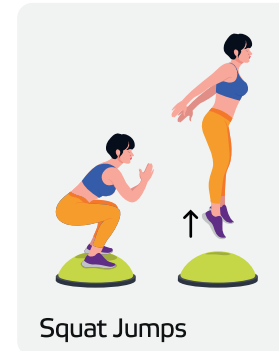
Balance board workout



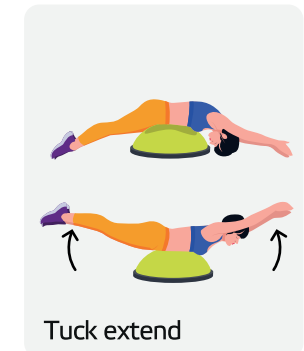
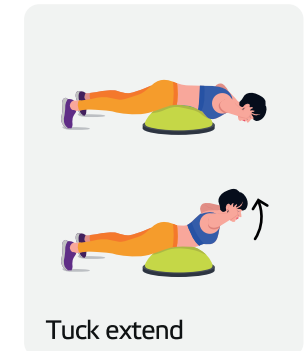
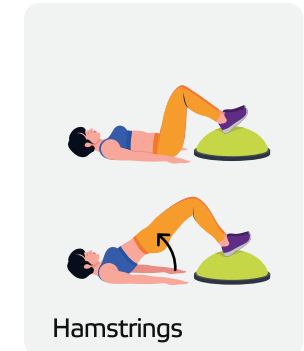
Upper Body



Lower Body



Back



Balance board workout



Core



Full body



Knee pull in

Military plank

Side plank

Plank jacks

Bird dog

V-ups

Ab twist

Dead bug

Crossover crunch

Side band

Burpees

1/ Select 1-2 exercises per body part.
Zvol 1-2 cviky z každé posilované partie.

2/ Perform the appropriate rep and set range for your goal.
Provedte odpovídající rozsah opakování a sad pro svůj cíl.

Fitness level Fitness úroveň	Repetitions Opakování	Sets Sady
Beginner Začátečník	8-10	1-3 sets
Intermediate Střední	12-15	2-4 sets
Advance Pokročilý	15-20	2-4 sets

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