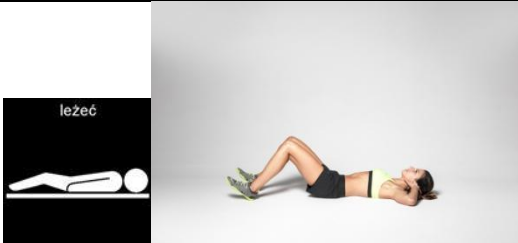
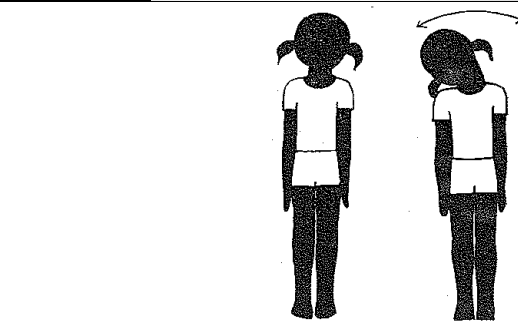



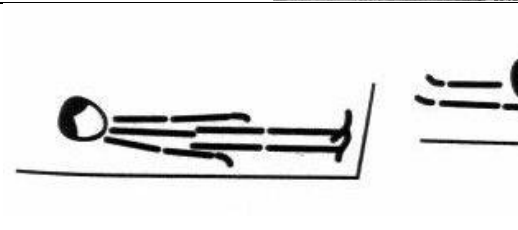


Ćwiczenia śródlekyjne

Liczba powtórzeń od 10 do 20

<p>Ćwiczenie rozluźniające</p> <p>Czas trwania: 1 minuta</p>	 <p>The image shows a person lying on their back with their knees bent and feet flat on the floor. A small inset image on the left shows a person lying on their back with the word "leżeć" (lie) written above it.</p>
<p>ćwiczenia szyi</p>	 <p>The image shows a person standing with their head tilted back and then forward, indicated by arrows.</p>
<p>ćwiczenia ramion</p>	 <p>The image shows a person standing with their arms raised and then lowered, indicated by arrows.</p>
<p>ćwiczenia tułowia</p>	 <p>The image shows a person performing a standing forward bend (Urdhva Dhanurasana).</p>
<p>ćwiczenia nóg</p>	 <p>The image shows a person performing a standing leg lift (Urdhva Dhanurasana).</p>
<p>ćwiczenia oddechowe</p> <p>Leżenie tyłem, ręce wzdłuż tułowia. Wdech z wzniesieniem kończyn górnych przodem w górę-wydech z opuszczeniem kkg. przodem w dół.</p>	 <p>The image shows a person lying on their back with arms raised and then lowered.</p>