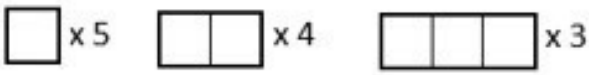
Twoje statki

	A	B	C	D	E	F	G	H	I	j
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

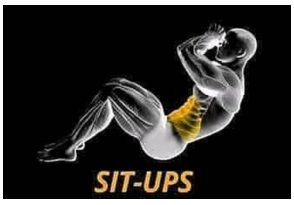
Statki przeciwnika

	A	B	C	D	E	F	G	H	I	j
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										



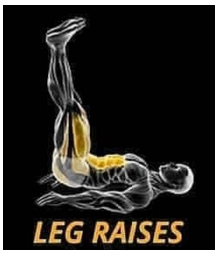
A – unoszenie nóg i miednicy x...

B – brzuszki x.....



C – nożyce pionowe przez ….sek.

D – podnoszenie nóg x ….



E – plank przez …. sek.

F - „skośne spięcia brzucha”