Dragi učenci,

za ta teden sem vam pripravila razne izzive in vadbo na drugačen način.



Kliknite na spodnjo povezavo in se zabavajte ☺

<https://www.youtube.com/watch?v=MLtJFu5C5es&t=29s>

<https://www.youtube.com/watch?v=g4KCpzTkHto&t=114s>

<https://www.youtube.com/watch?v=gp4QN2IEpH4&t=37s>

<https://www.youtube.com/watch?v=1mS4B2WWSj4&t=205s>

<https://www.youtube.com/watch?v=E51znTpPUvA&t=58s>

VADBA S KOCKAMI – vrzi kocko in izvedi vaje. Vsako vajo ponoviš 3x. ☺

|  |  |  |
| --- | --- | --- |
| https://tse2.mm.bing.net/th?id=OIP.4pLSVX10-q6PfiWZhQm-LAHaHR&pid=Api&P=0&w=159&h=157 | 10x zvezdice | https://tse3.mm.bing.net/th?id=OIP.TClMYCNyrcvR4w7qNmmlagHaJz&pid=Api&P=0&w=300&h=300 |
| https://tse1.mm.bing.net/th?id=OIP.CQtc2K2It8WTUWSiSeZ7vgHaHa&pid=Api&P=0&w=300&h=300 | 10x trebušnjaki | https://tse2.mm.bing.net/th?id=OIP.CQq17uqJPUDH0ZlCdowJJgHaJj&pid=Api&P=0&w=300&h=300 |
| https://tse1.mm.bing.net/th?id=OIP.novAnoFphGCY2V5judRIVAHaHa&pid=Api&P=0&w=300&h=300 | 10x hrbtnjaki | https://tse4.mm.bing.net/th?id=OIP.yqLvBuYsbqrNT4YHuaONOQHaFj&pid=Api&P=0&w=232&h=175 |
| https://tse4.mm.bing.net/th?id=OIP.-0t6_asOePizre2LukRtTAHaHa&pid=Api&P=0&w=300&h=300 | 10x počepi | https://tse4.mm.bing.net/th?id=OIP.D3uF_7yLuir7In1bNP3l3QHaHa&pid=Api&P=0&w=300&h=300 |
| https://tse1.mm.bing.net/th?id=OIP.XAHOrjOrl-fa8hamYZp6IAHaHa&pid=Api&P=0&w=300&h=300 | 5x sklece | https://tse1.mm.bing.net/th?id=OIP.jmvM4gof-Gfm5gFgzwUs_wHaFj&pid=Api&P=0&w=226&h=170 |
| https://tse2.mm.bing.net/th?id=OIP.IeGNjS7aHXMwkKI7rCK4XAHaHa&pid=Api&P=0&w=300&h=300 | 10x vojaški poskoki | https://tse1.mm.bing.net/th?id=OIP.UjTlF_GFjWH7fwTh_CGO7wHaE8&pid=Api&P=0&w=255&h=171 |

Ostnite fit in zdravi!

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