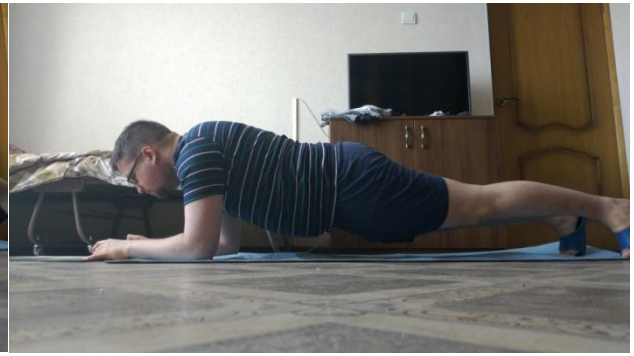
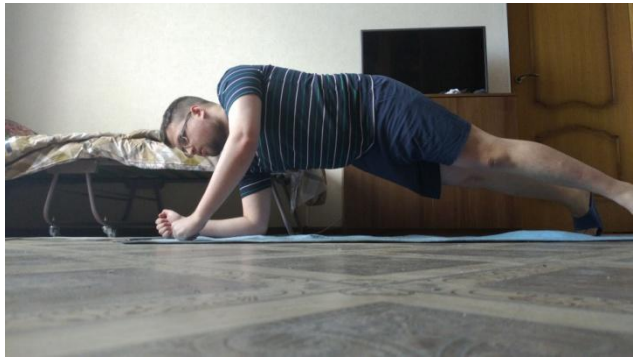
Четверг 19.03.2020

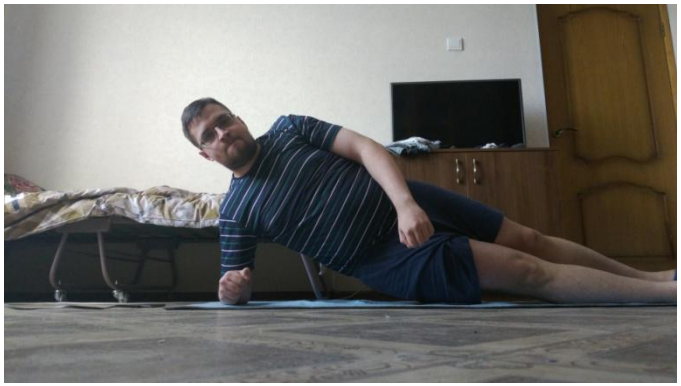
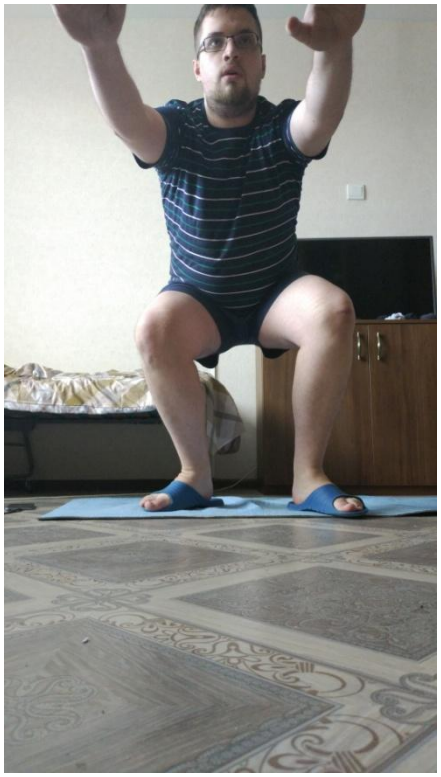
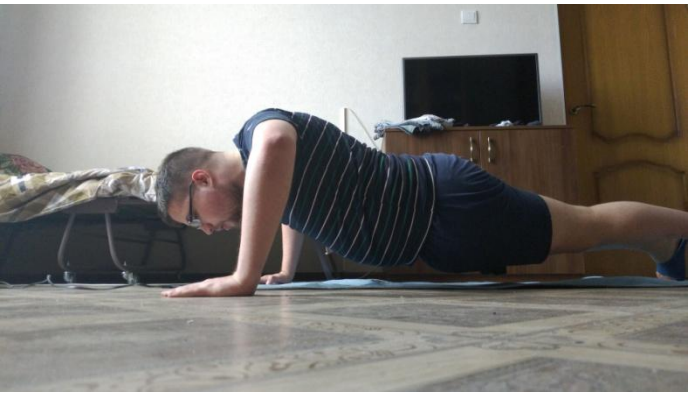
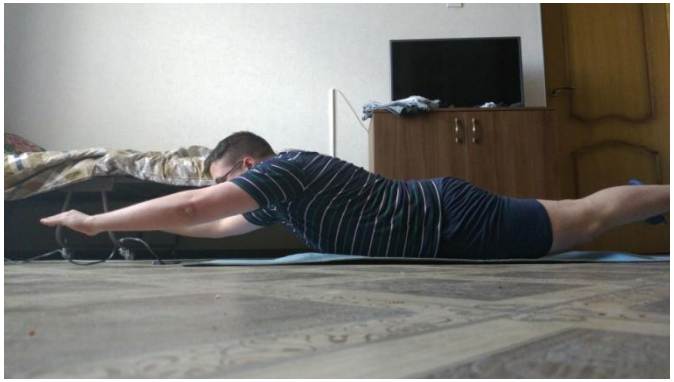
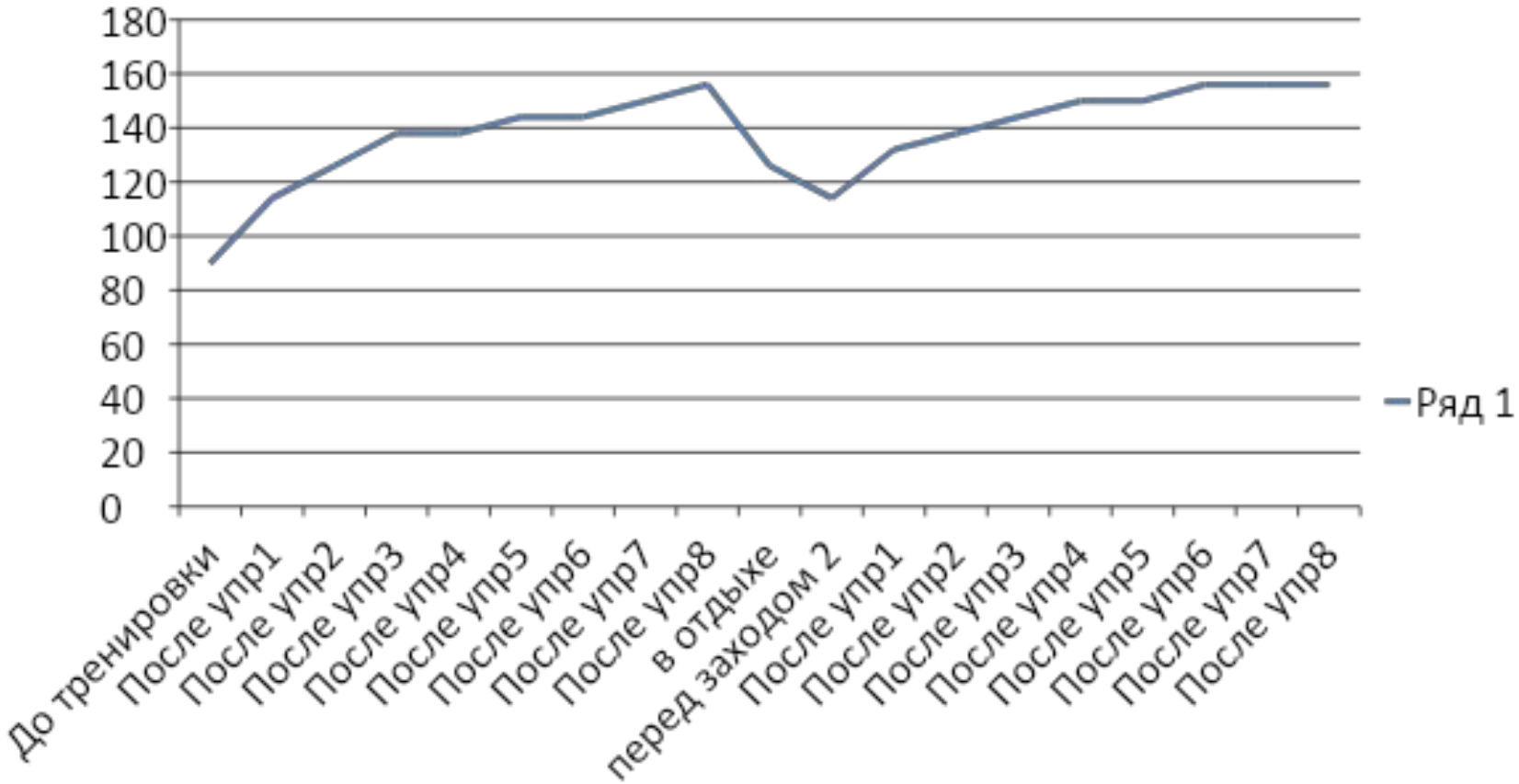
Тренировка «Статика»

Студент группы 1ЭС11-6 Груздев Николай

Список упражнений

- Планка – 30 сек
- Планка на локтях – 30 сек
- Разновысокая планка – 30 сек
- Планка вакуум – 30 сек
- Планка боковая – 30 сек
- Приседания статические – 30 сек
- Отжимания статические – 30 сек
- Лодочка статическая – 30 сек






ЧСС во время тренировки «Статика»