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| P. Session: | Power 5 |
| Week: | 2/5 |
| Date: | Mo 29.9. |

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| Exercise | | Series x Repetitions |
| 1) | One leg lunges | 2 x 8L – 8P (10 kg L/P) |
| 2) | One-leg squat on a lense – med. throw | 2 x (60s L/60s P) |
| 3) | Jerk from shoulders - nadhoz | 2 x 12 |
| 4) | Leg press | 2 x 12 |
| 5) | TRX – one leg plank – jump on chair | 2 x (6L – 6P) |
| 6) | Calf raises | 2 x 6H – 12L |
| 7) | Step ups on box with lense | 2 x 10 L/P (no weight) |
| 8) | Gymball – back plank knee flexing  Waitress - expander | 2 x 20  2 x 20 |

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| Name | 1)  10kgL/P | 3)  10 – 15 kg | 4)  11 - 13 | 6)  9, 10H-5,6L |
| Sany |  |  |  |  |
| Hrazda |  |  |  |  |
| Luny |  |  |  |  |
| Vero |  |  |  |  |
| Elis |  |  |  |  |
| Kopy |  |  |  |  |
| Terka |  |  |  |  |
| Vyky |  |  |  |  |
| Cebi |  |  |  |  |
| Máří |  |  |  |  |
| Uhli |  |  |  |  |
| Anni |  |  |  |  |
| Kerry |  |  |  |  |
| Sonja |  |  |  |  |
|  |  |  |  |  |