E timpul să facem o pauză!

5 SĂRITURI STEA
(CU BRAȚELE ȘI PICIOARELE DEPĂRTATE)

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ALEARGĂ!

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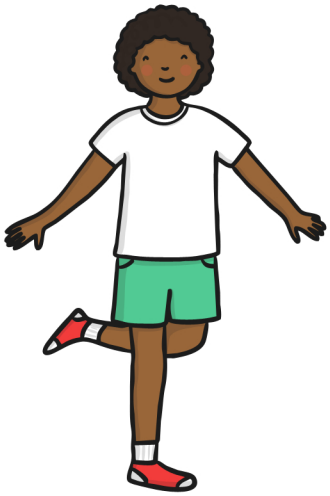
10 SĂRITURI ÎNTR-UN PICIOR



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10 ÎNDOIRI ÎNAINTE

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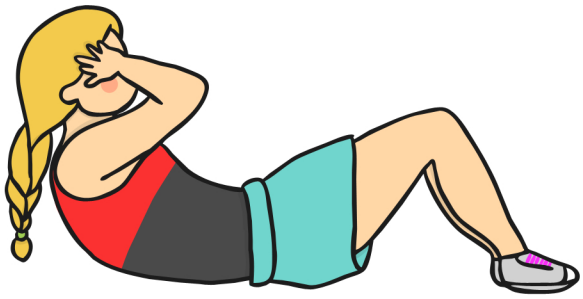
5 ABDOMENE



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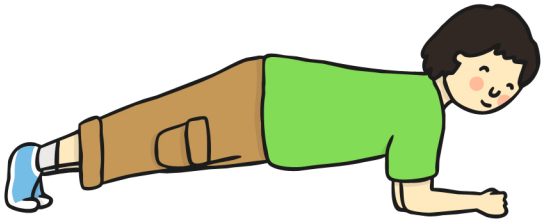
10 FLOTĂRI SPRIJINIT PE COATE



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10 SĂRITURI

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MERGI CA URSUL!

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10 RĂSUCIRI DE BRAȚE

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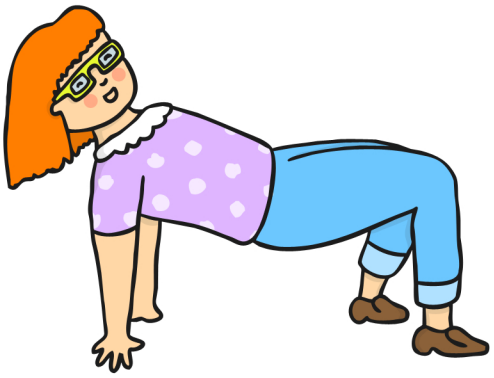
MERGI CA RACUL!



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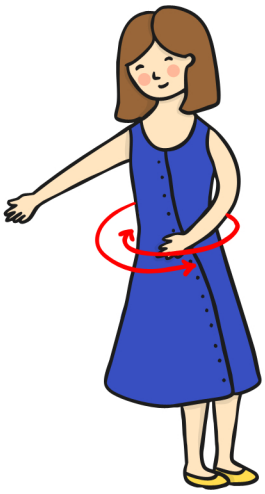
10 RĂSUCIRI



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RIDICĂ PICIORUL DE 10 ORI!

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