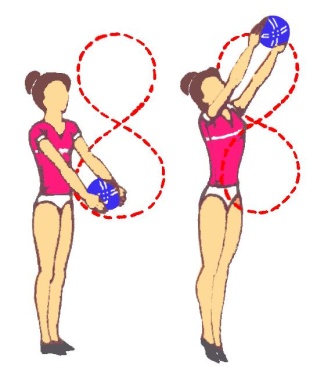
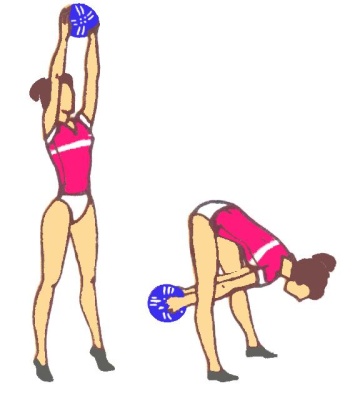
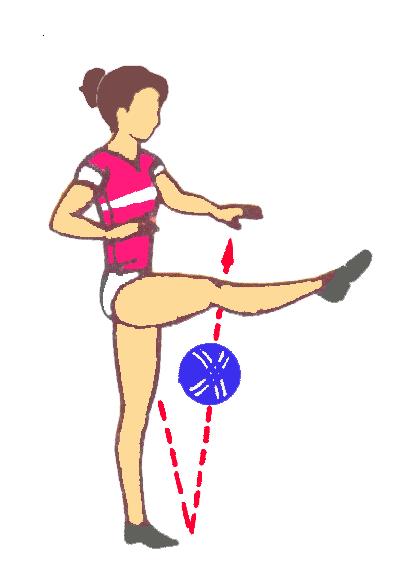
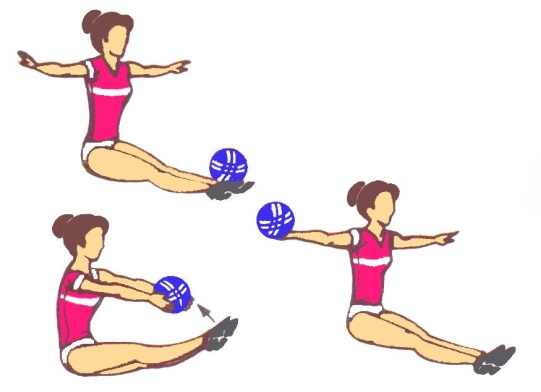
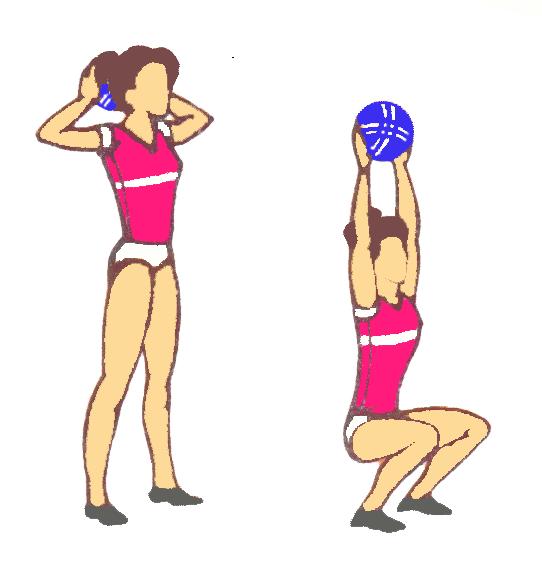
***Комплекс упражнений с мячом***



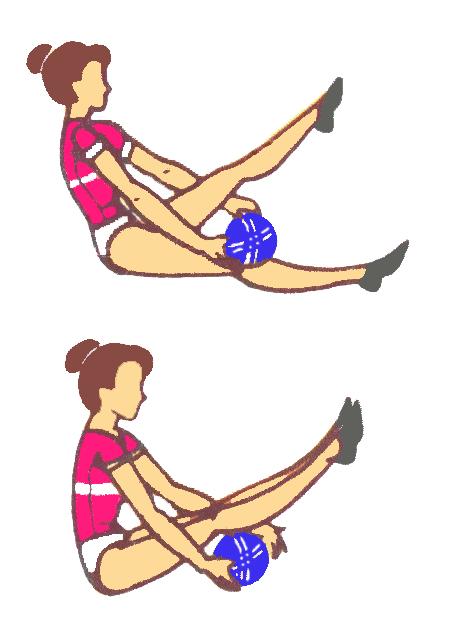
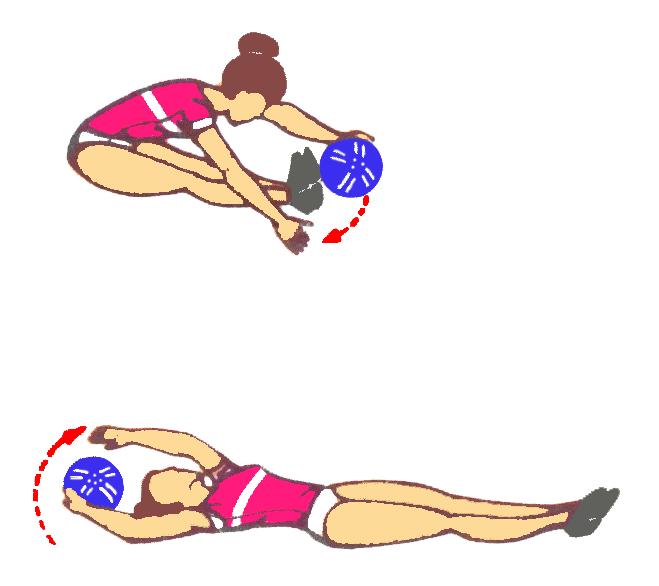


**1** **2** **3**

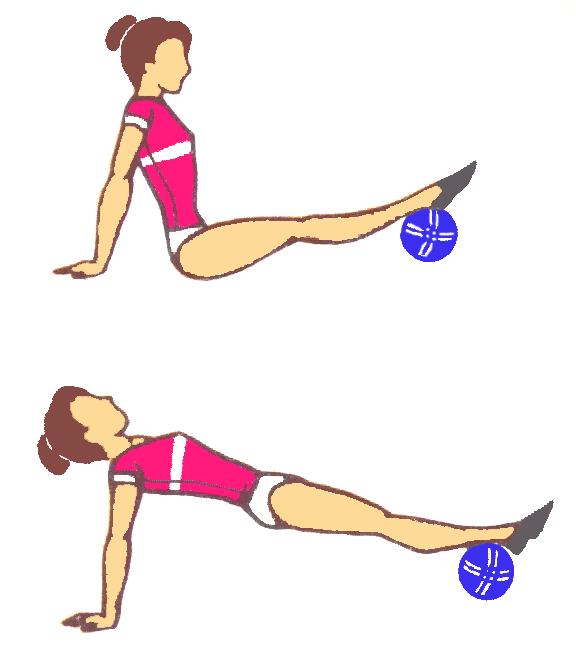
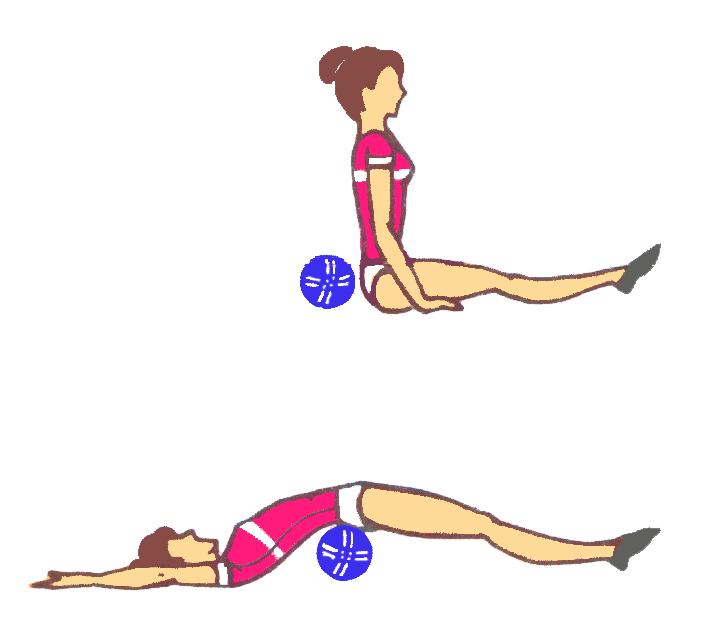




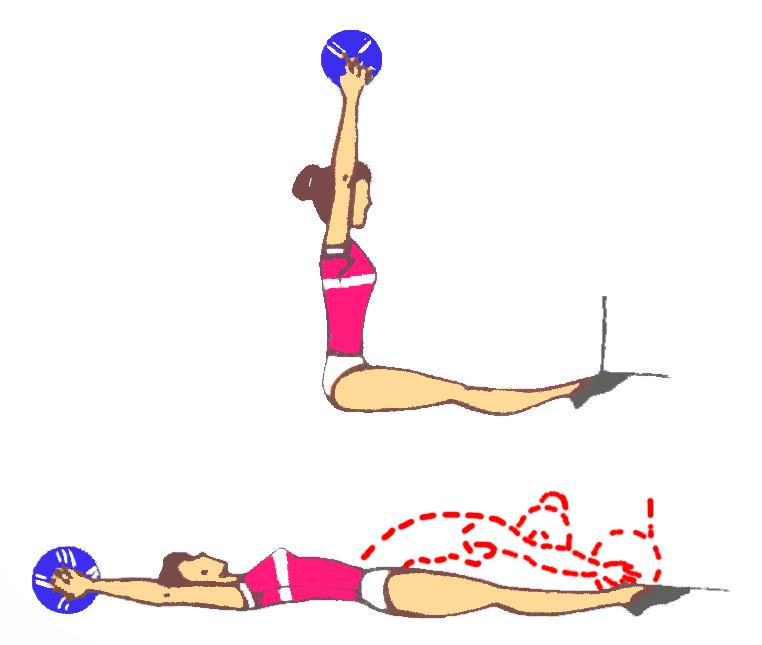
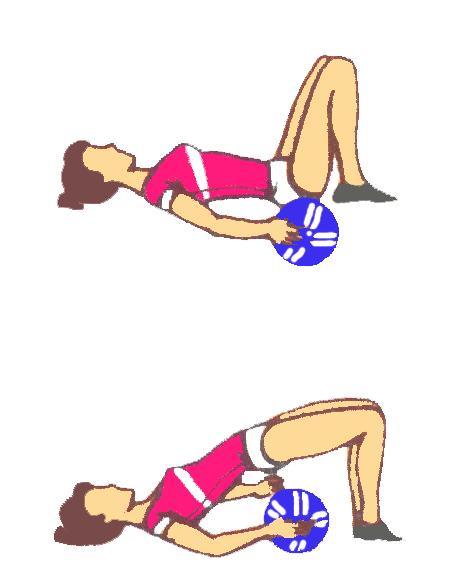
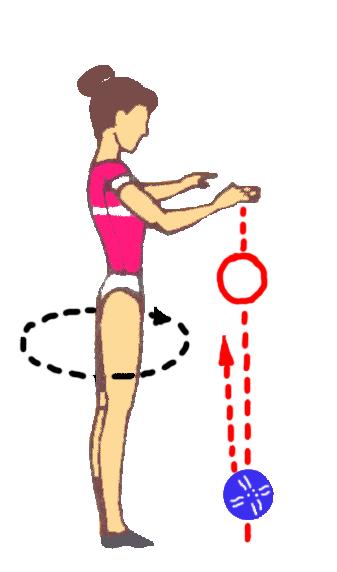
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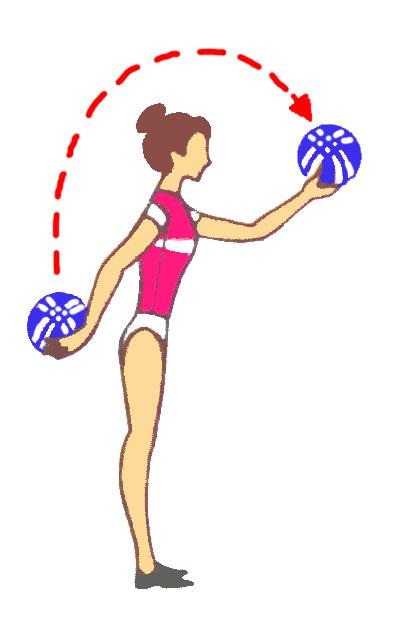
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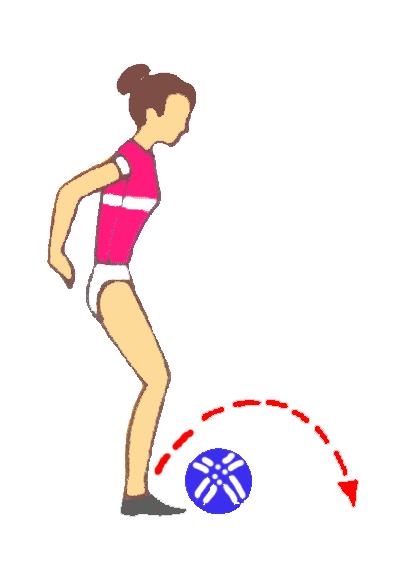
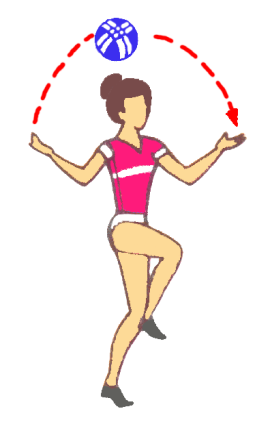
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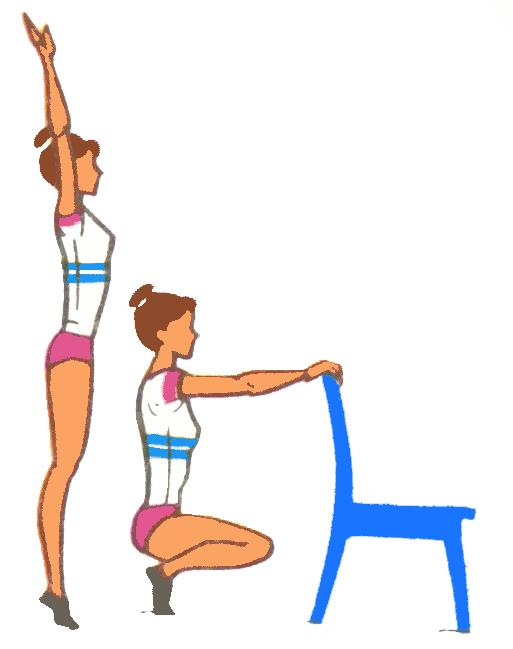
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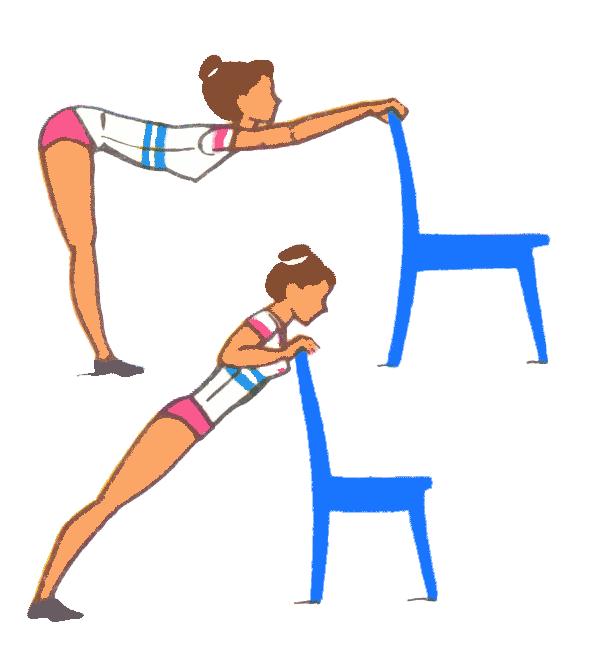
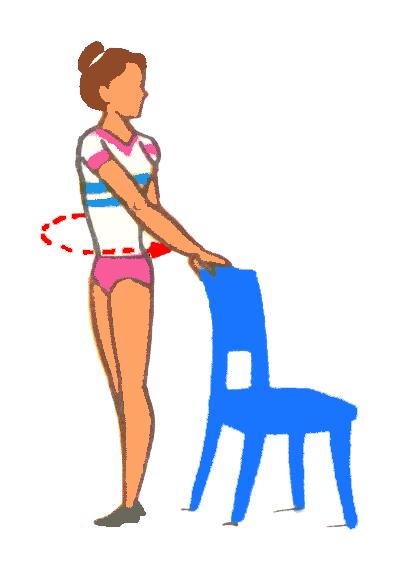
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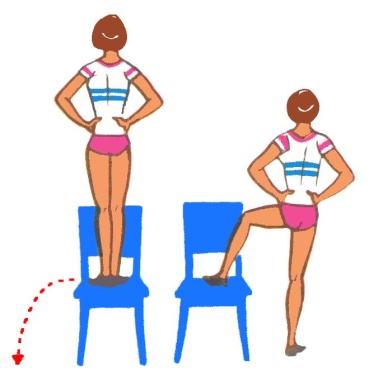
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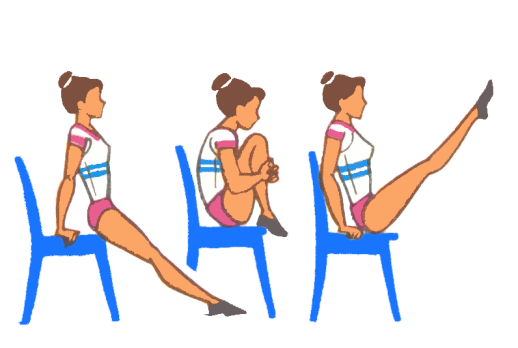
***Комплекс упражнений со стулом***

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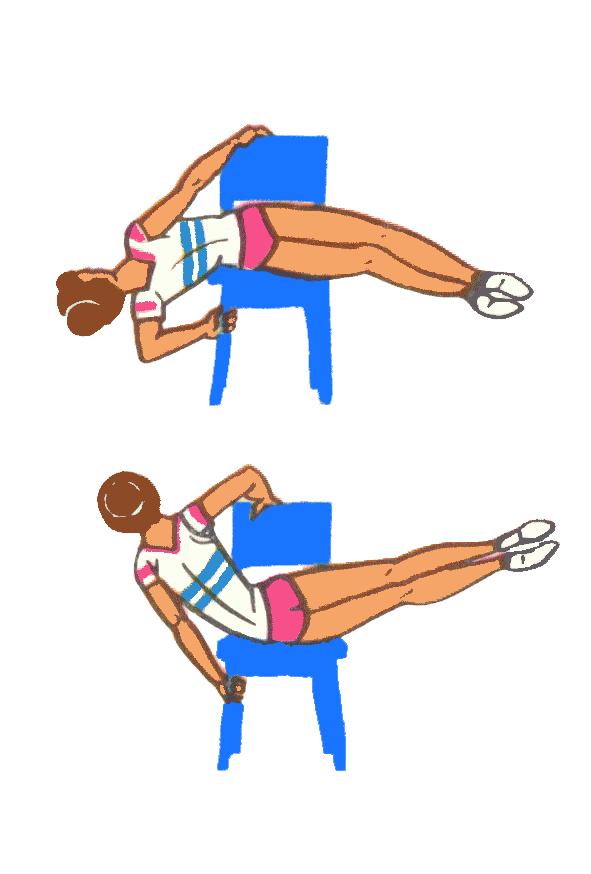
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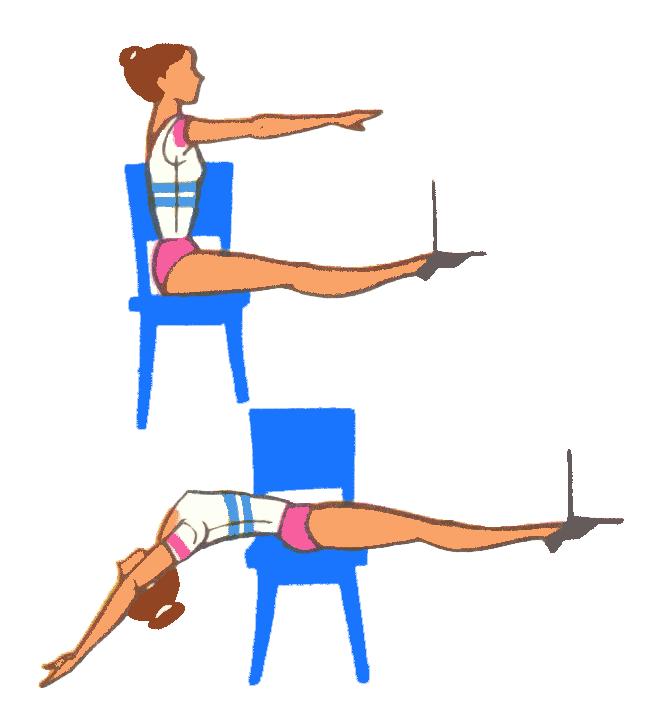
**1 2 3**

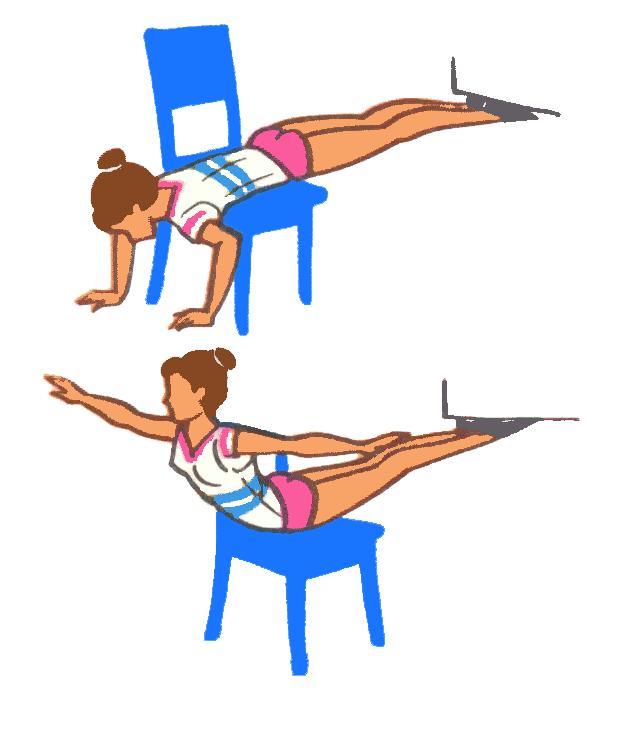
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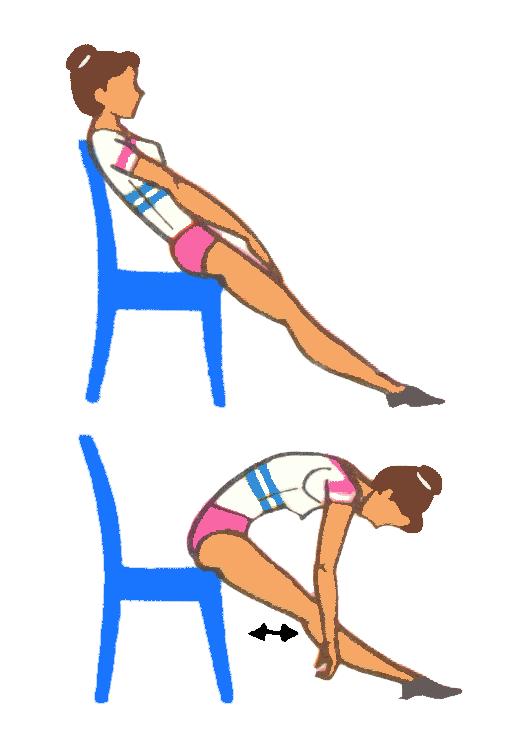
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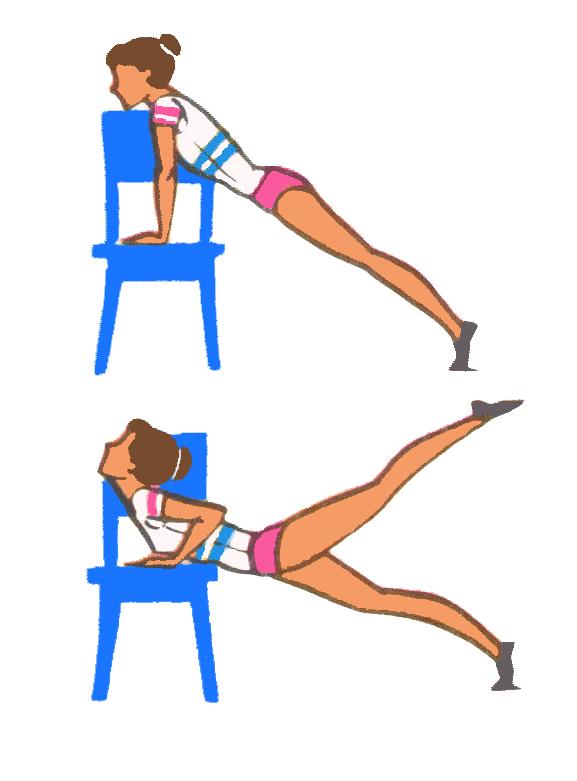
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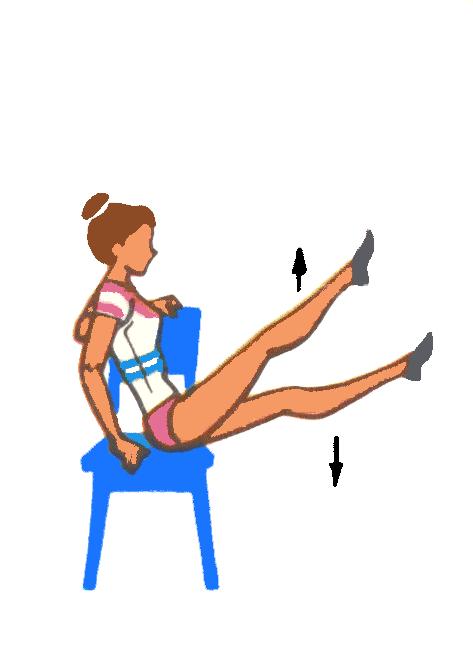
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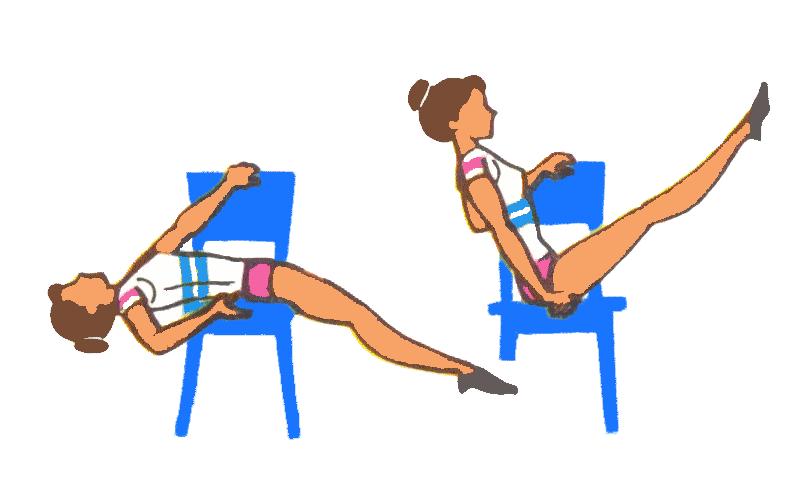
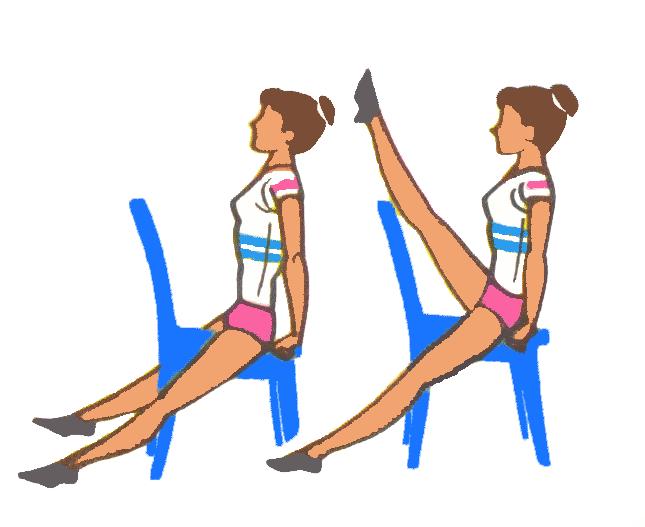
**7 8 9**

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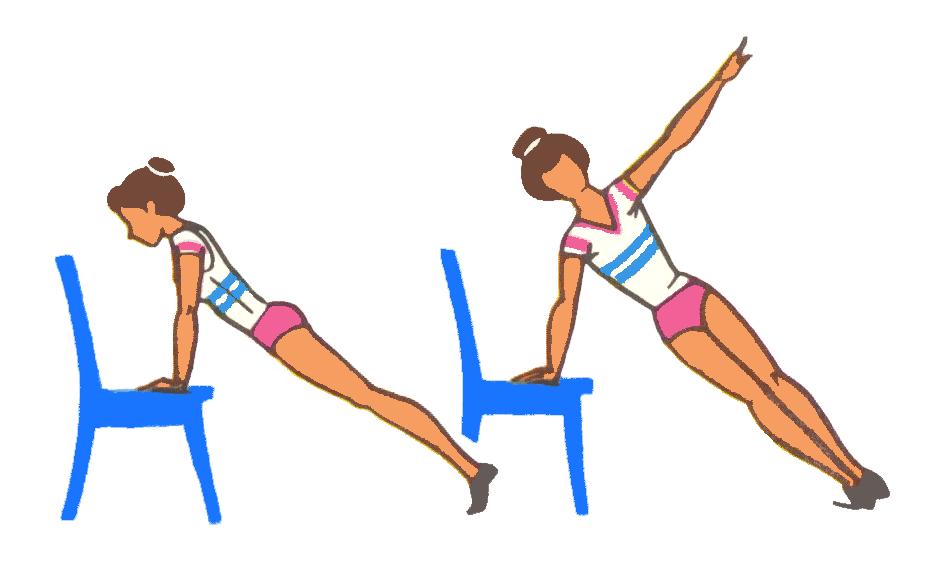
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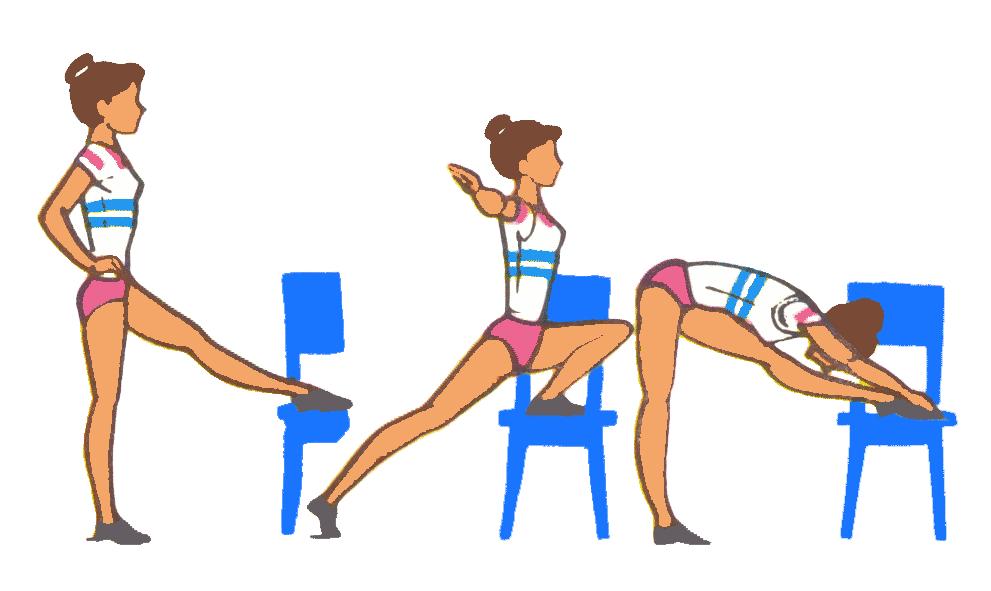
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**10 11 12**

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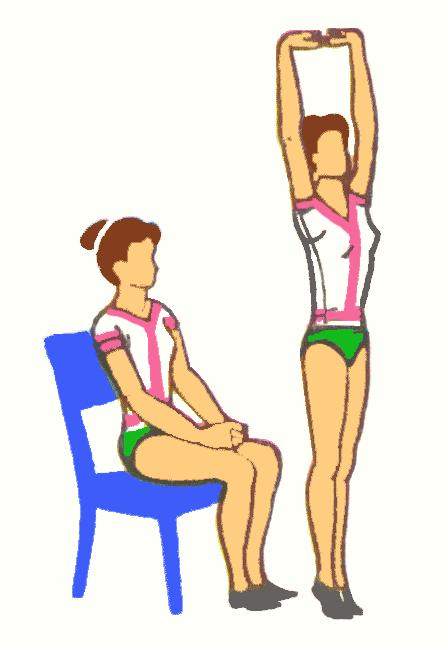
**13 14**

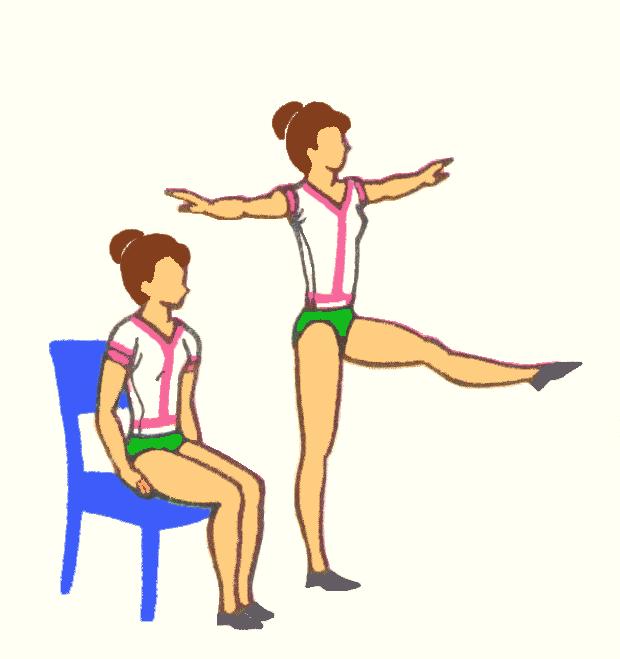
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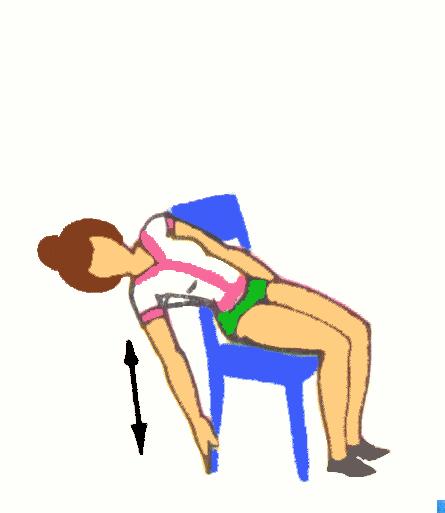
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**15 16**

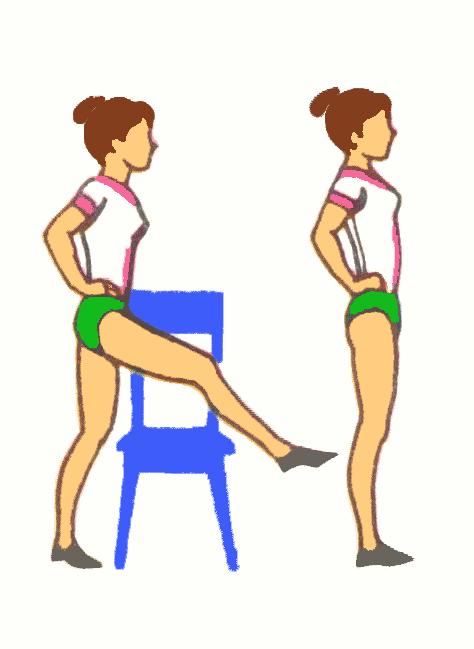
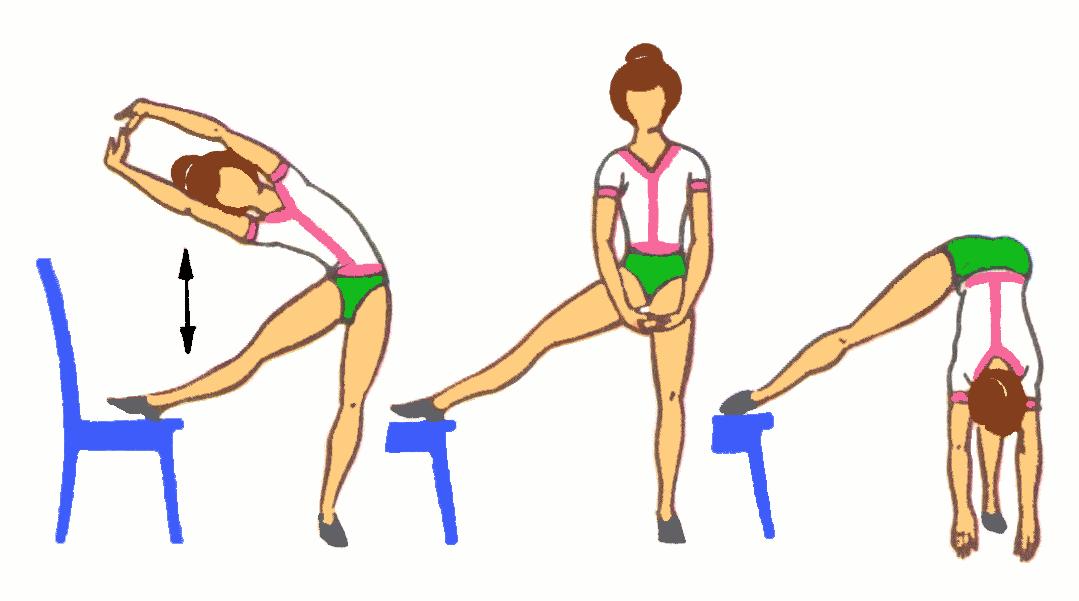
***Комплекс упражнений со стулом***

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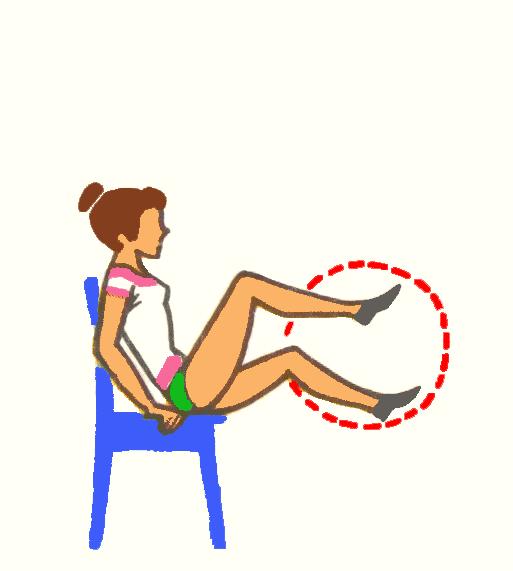
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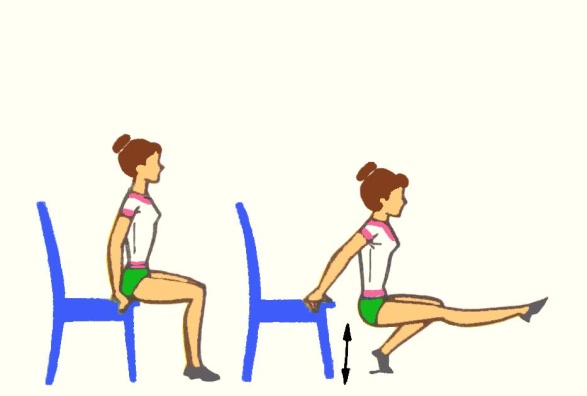
**1 2 3**

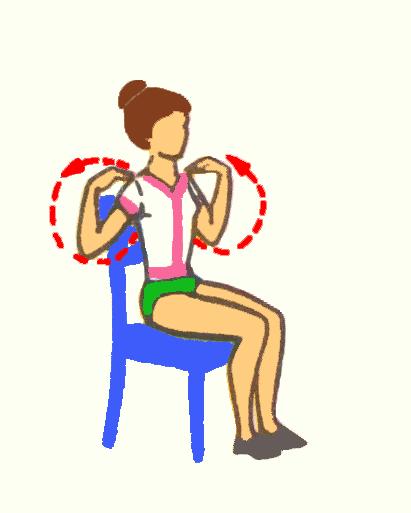
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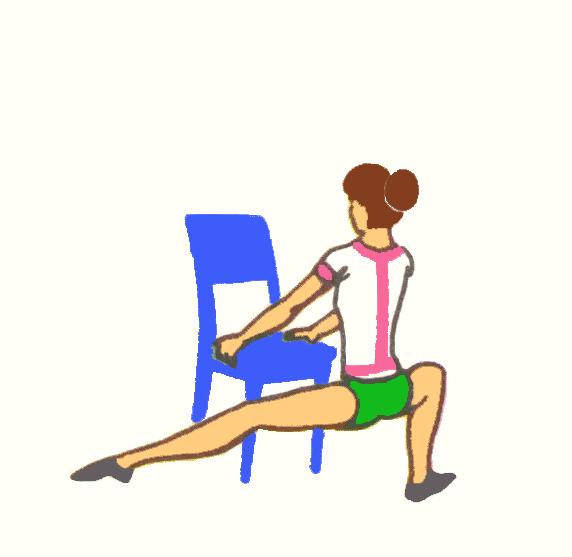
**4 5 6**

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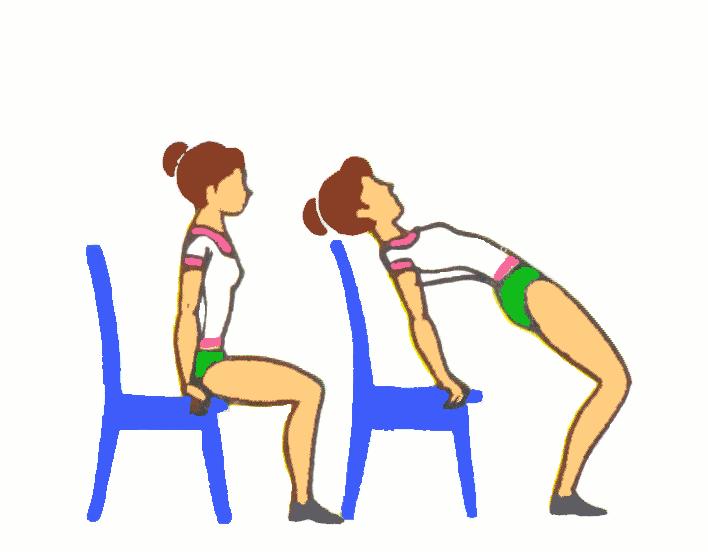
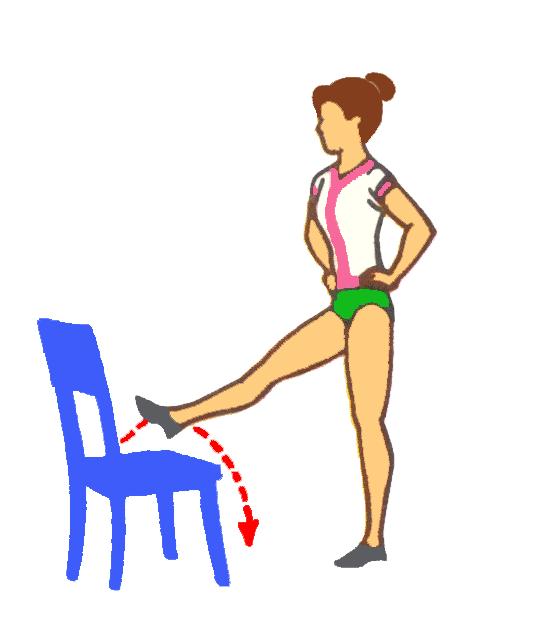
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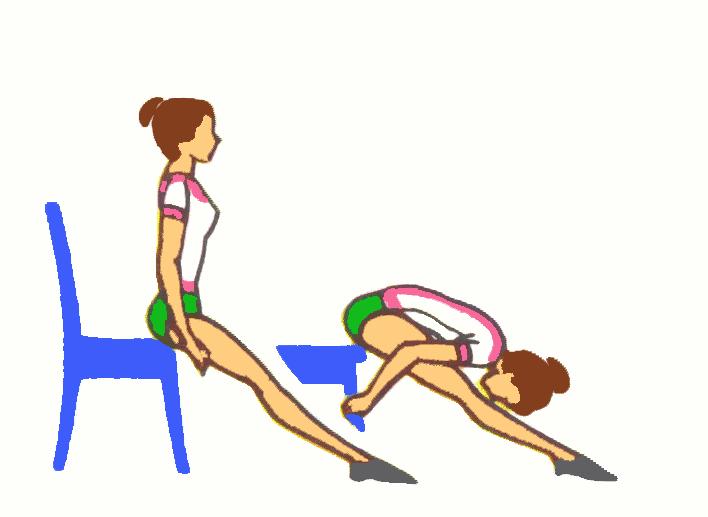
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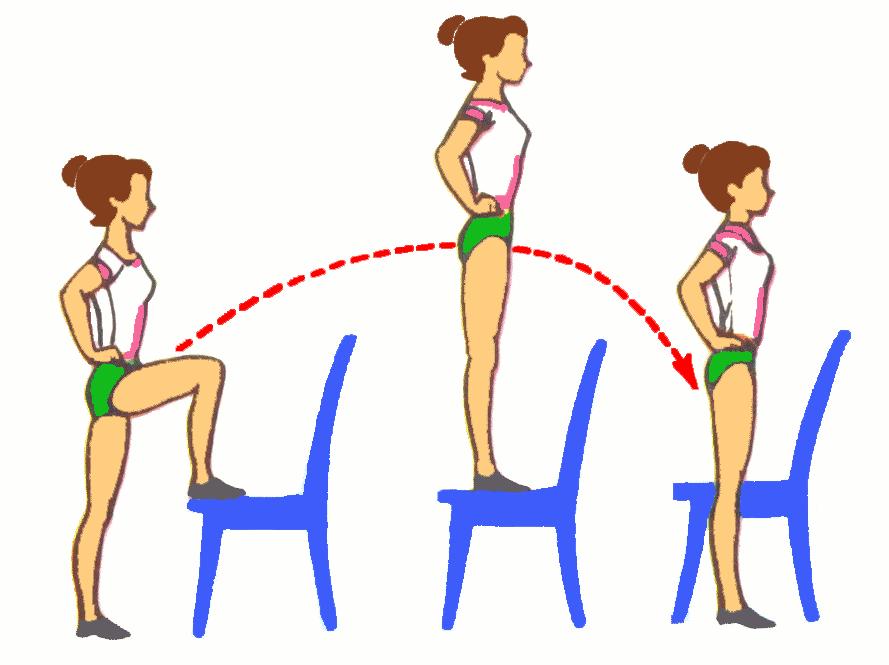
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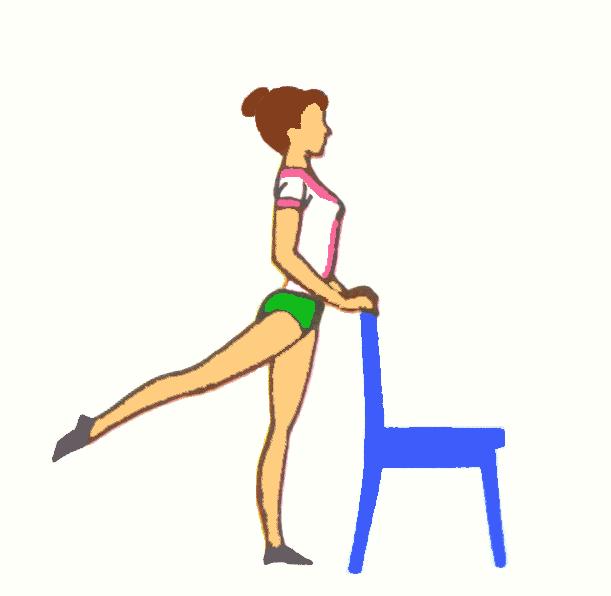
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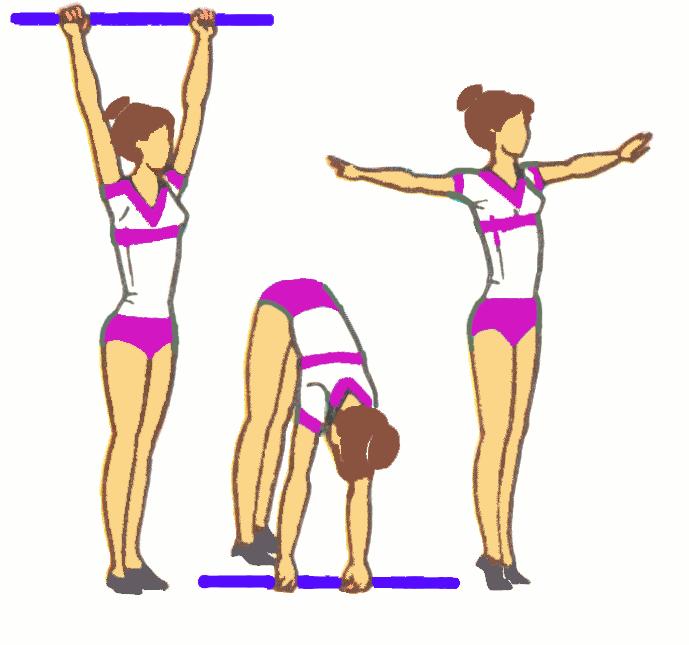
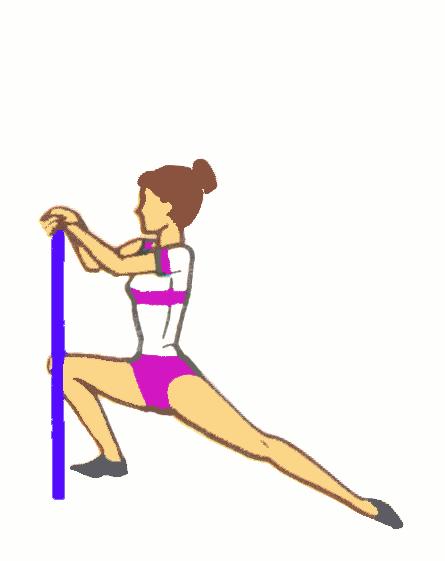
**12 13 14**

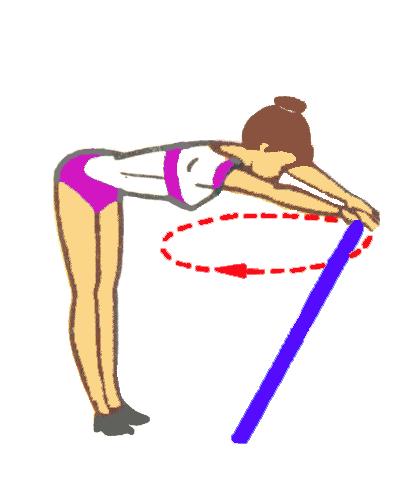
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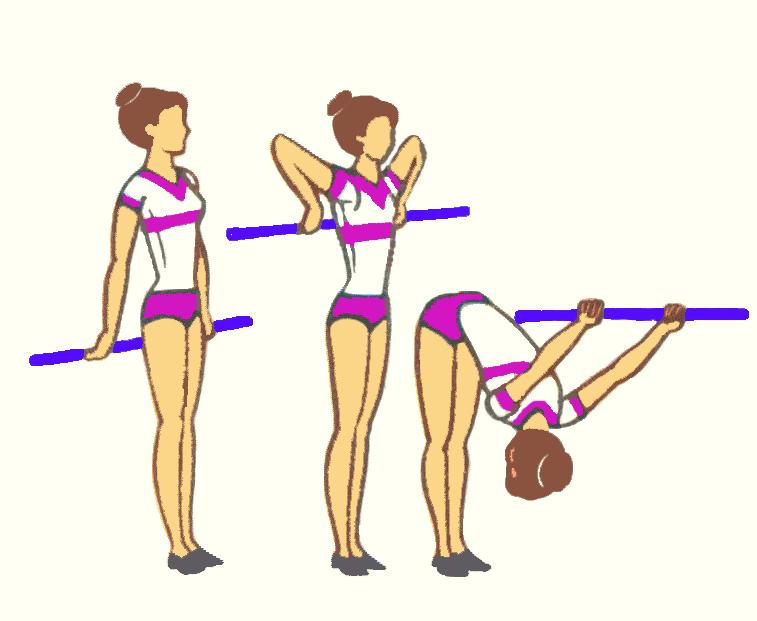
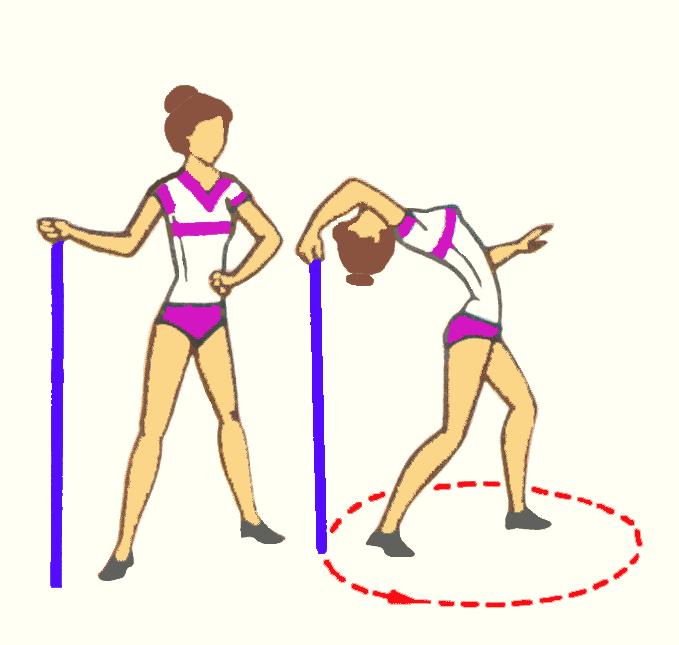
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***Комплекс упражнений с палкой***

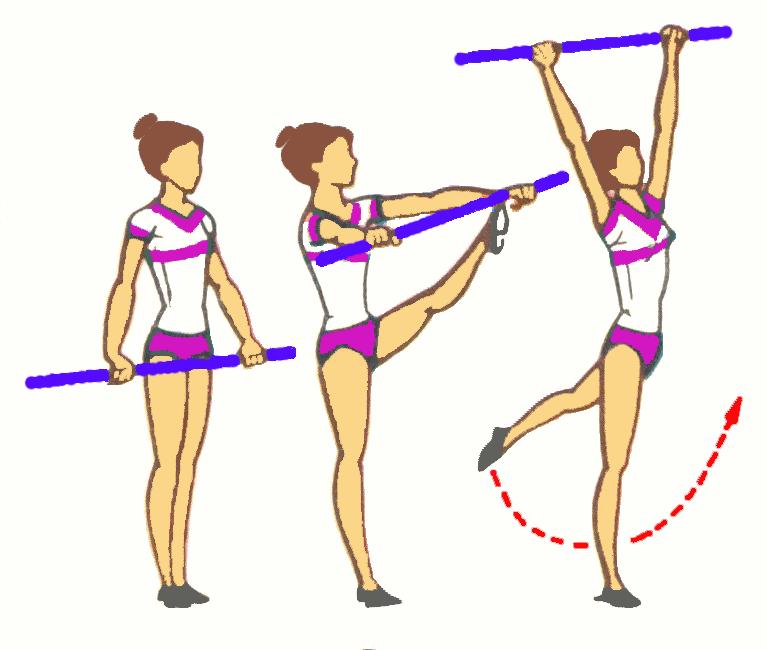
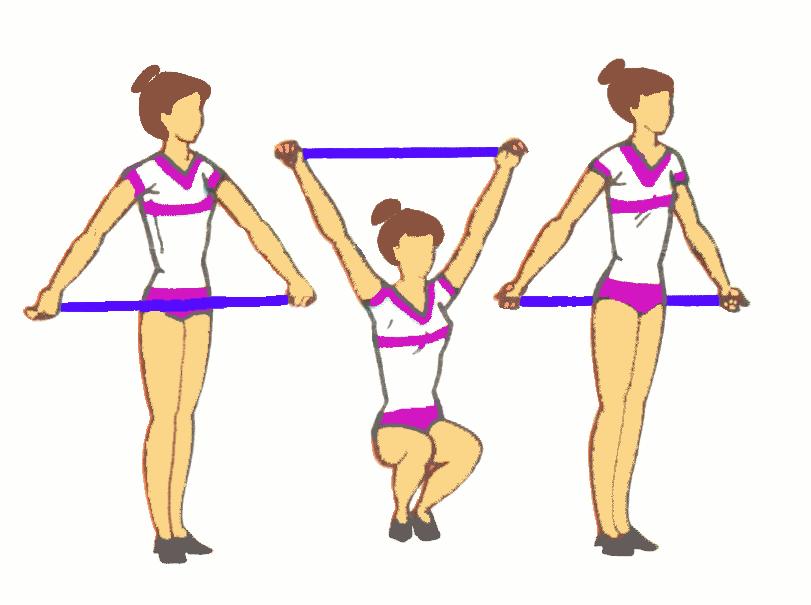
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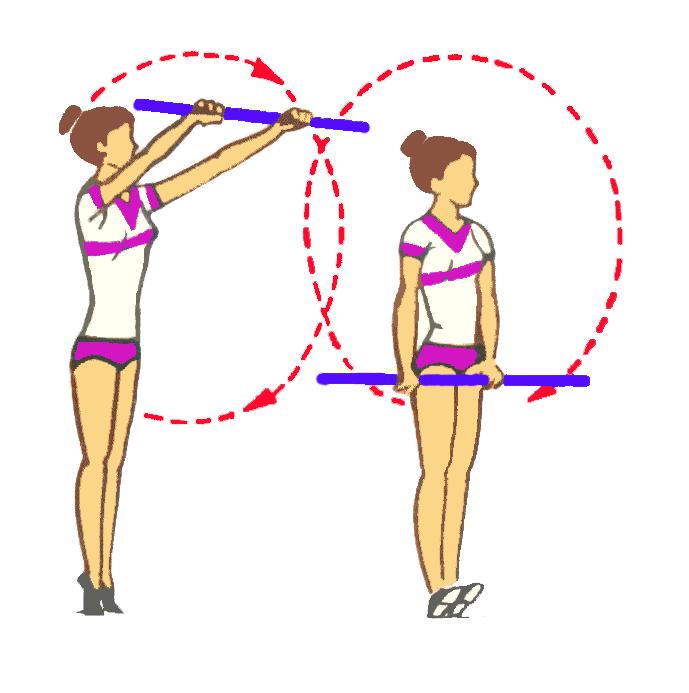
**1 2 3**

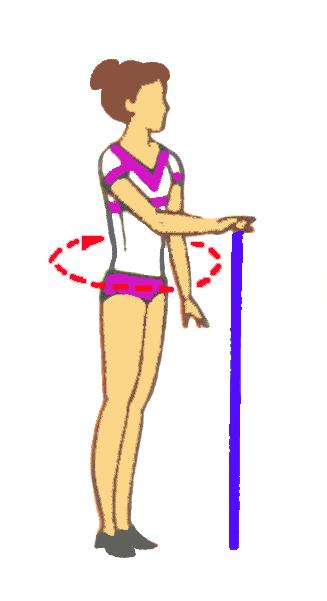
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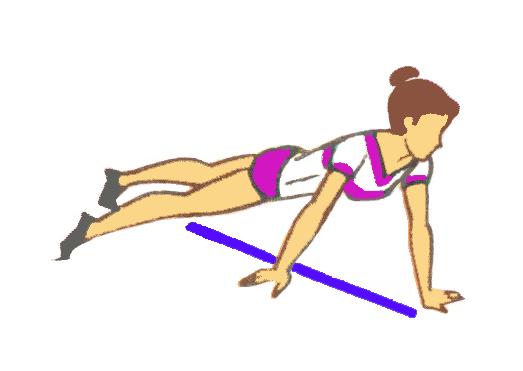
**4 5**

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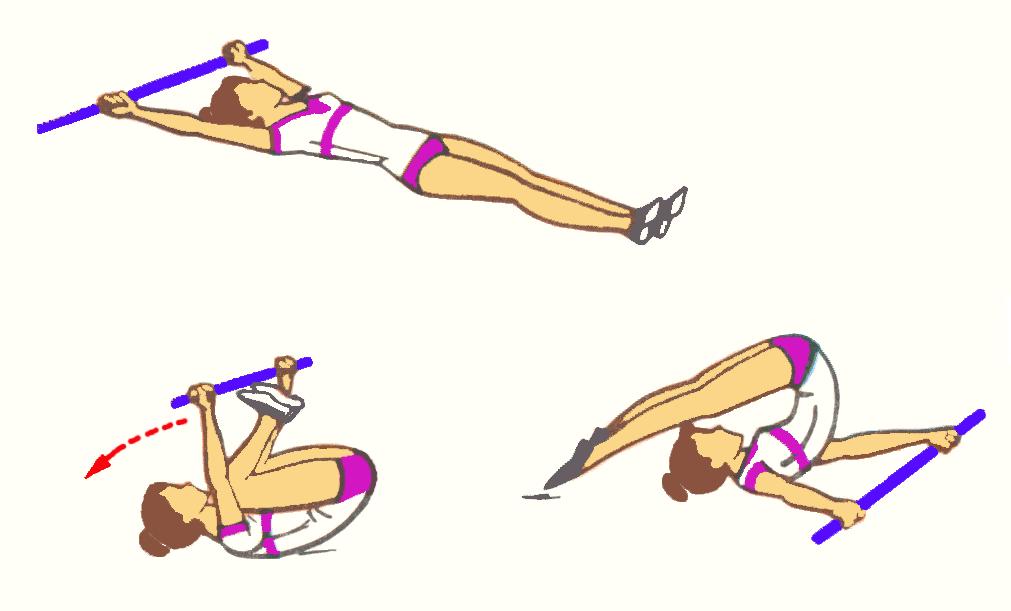
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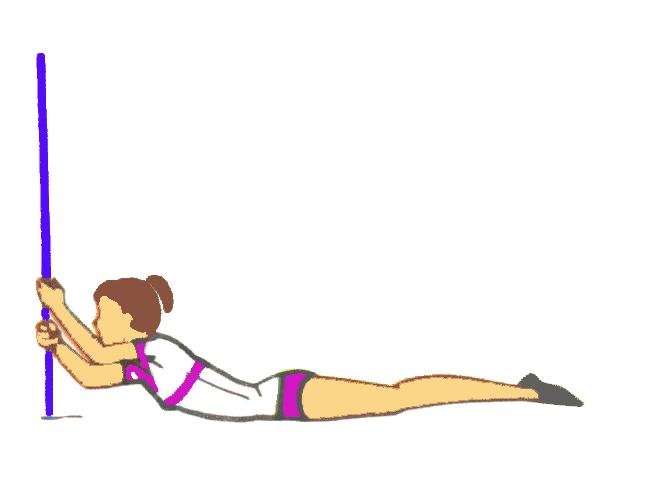
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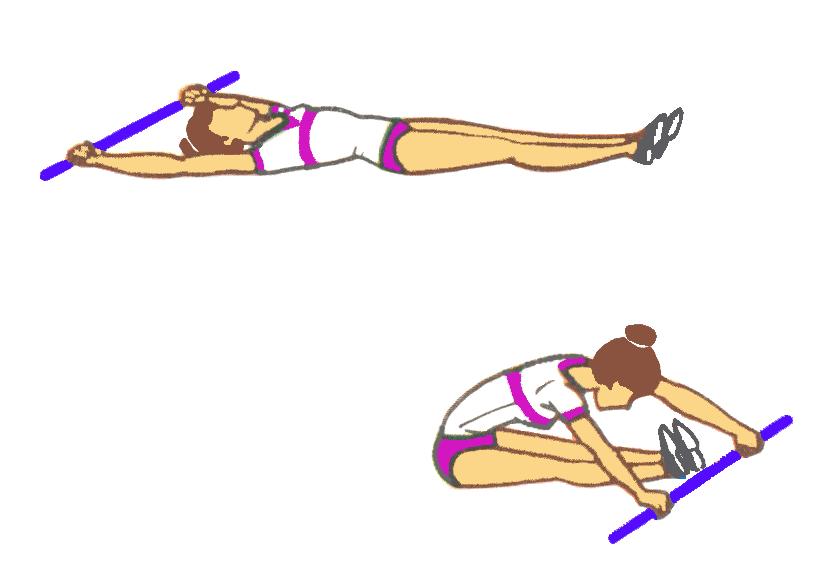
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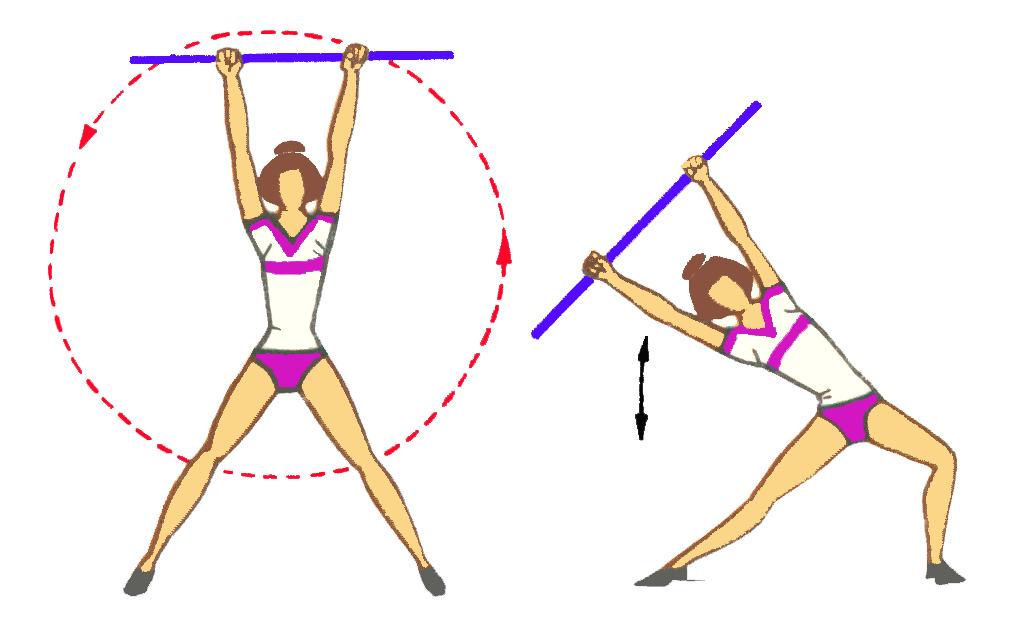
**8 9 10**

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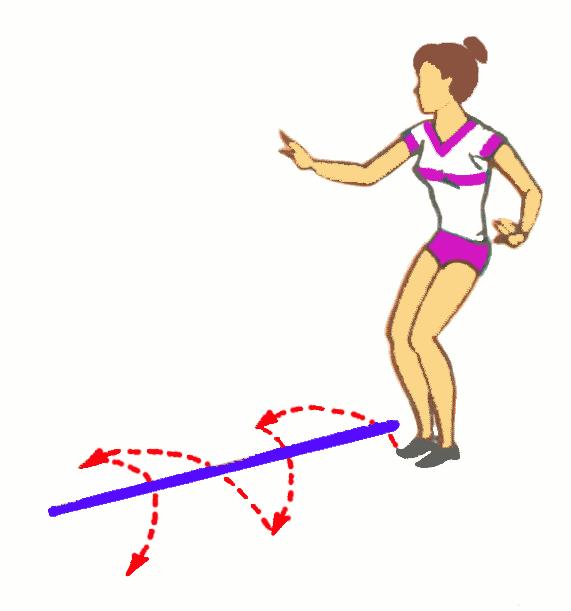
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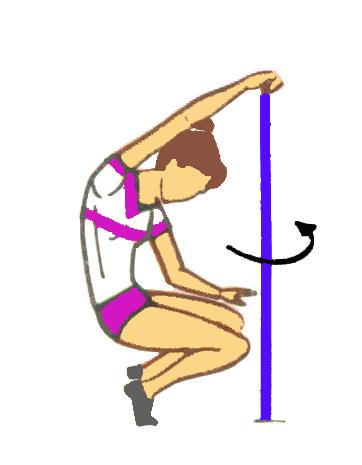
**11 12**

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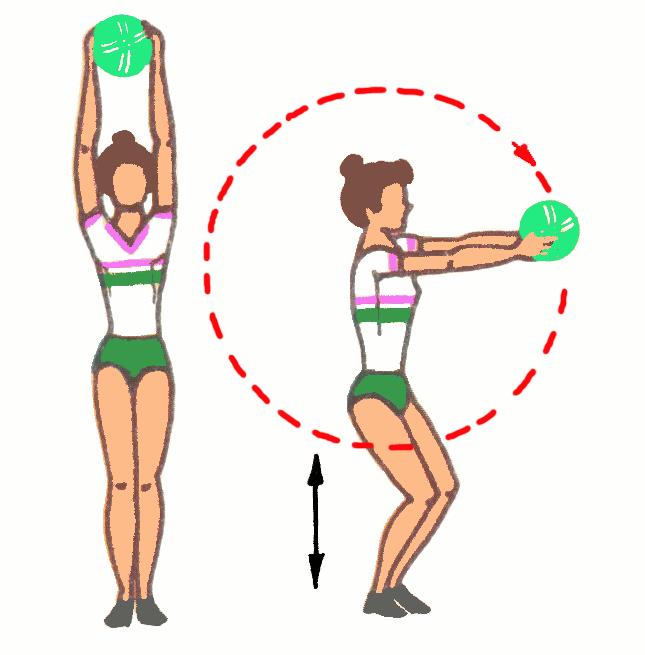
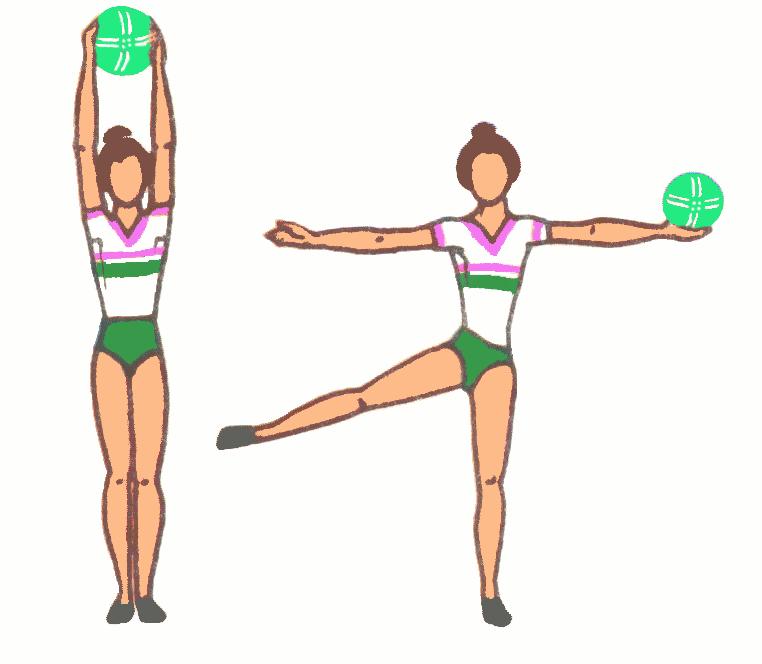
**13 14**

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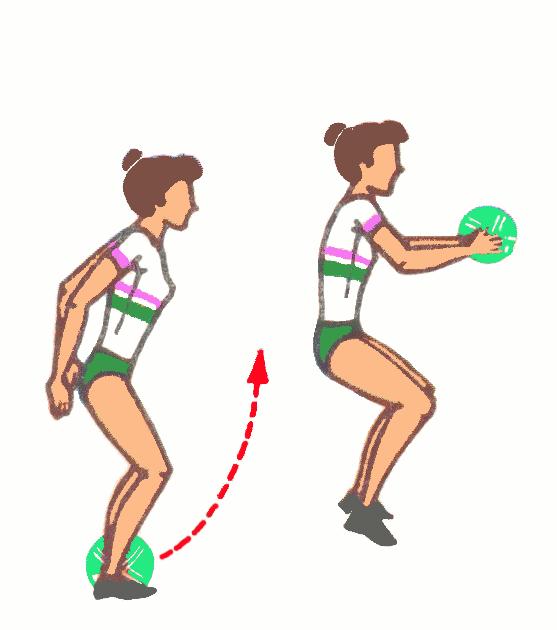
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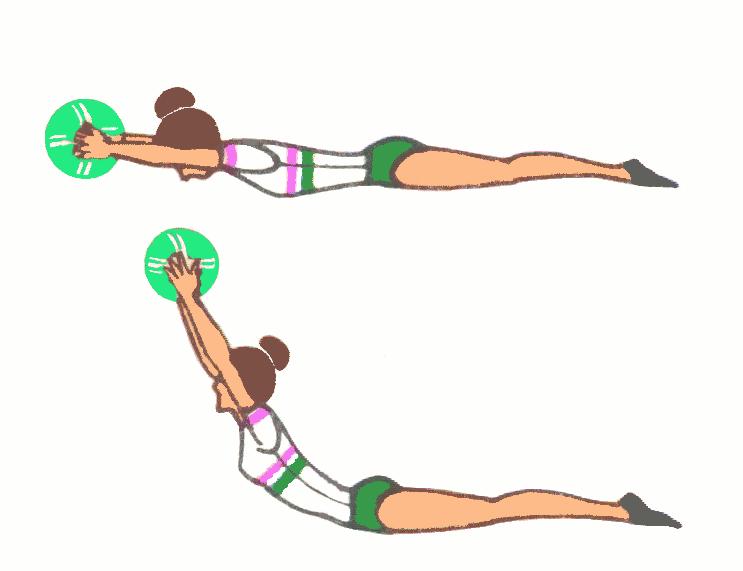
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***Комплекс упражнений с мячом***

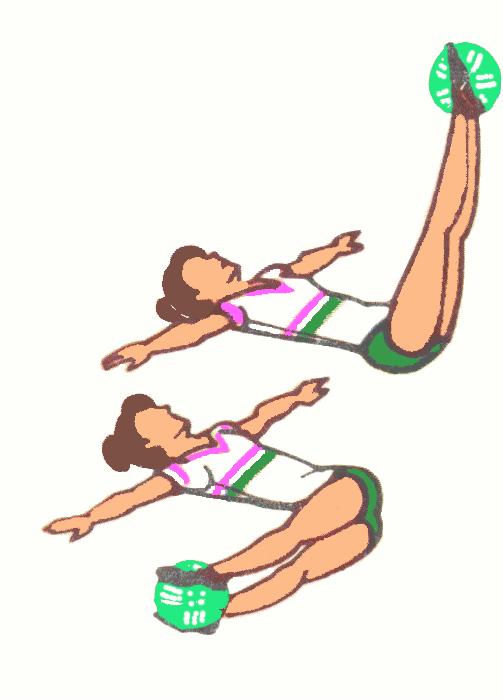
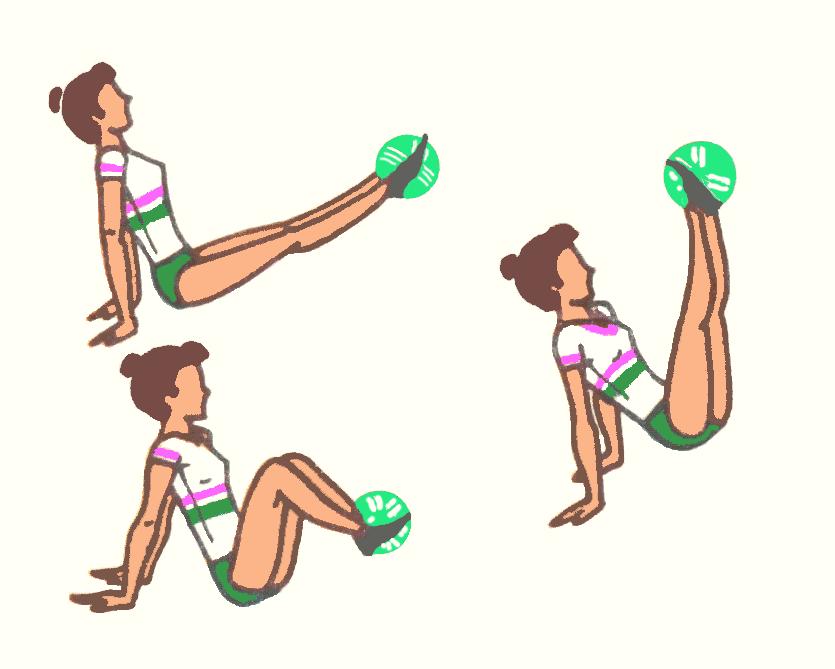
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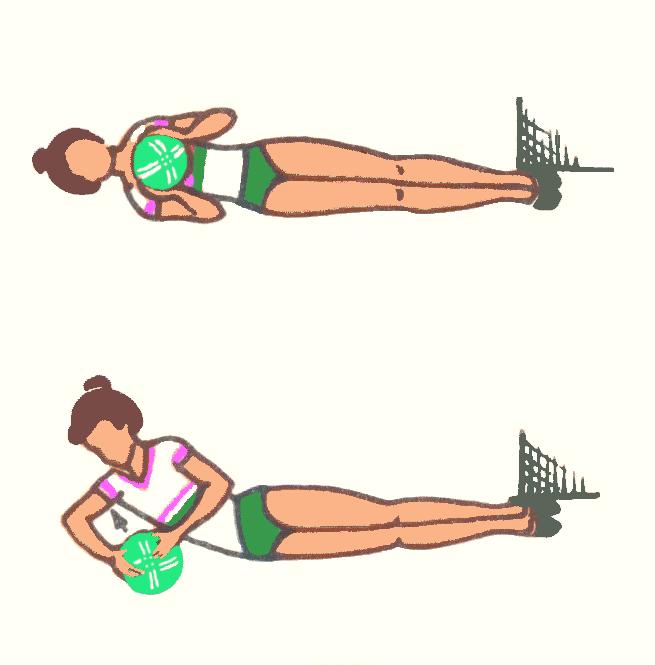
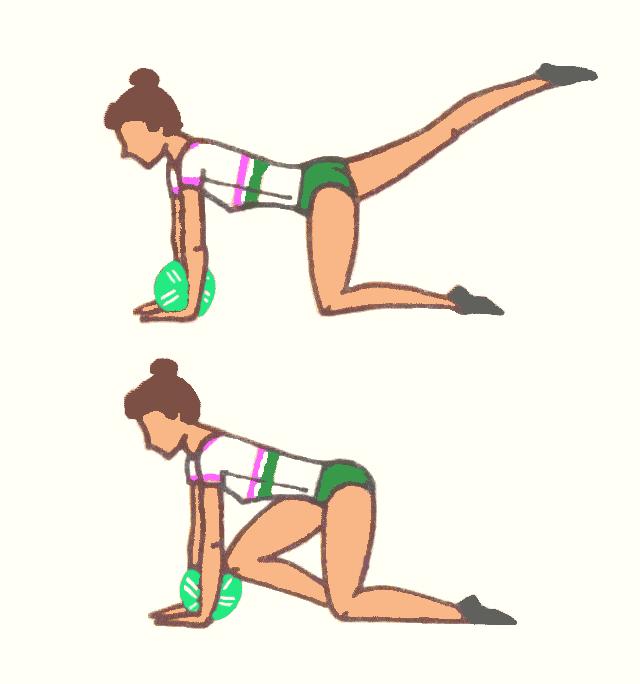
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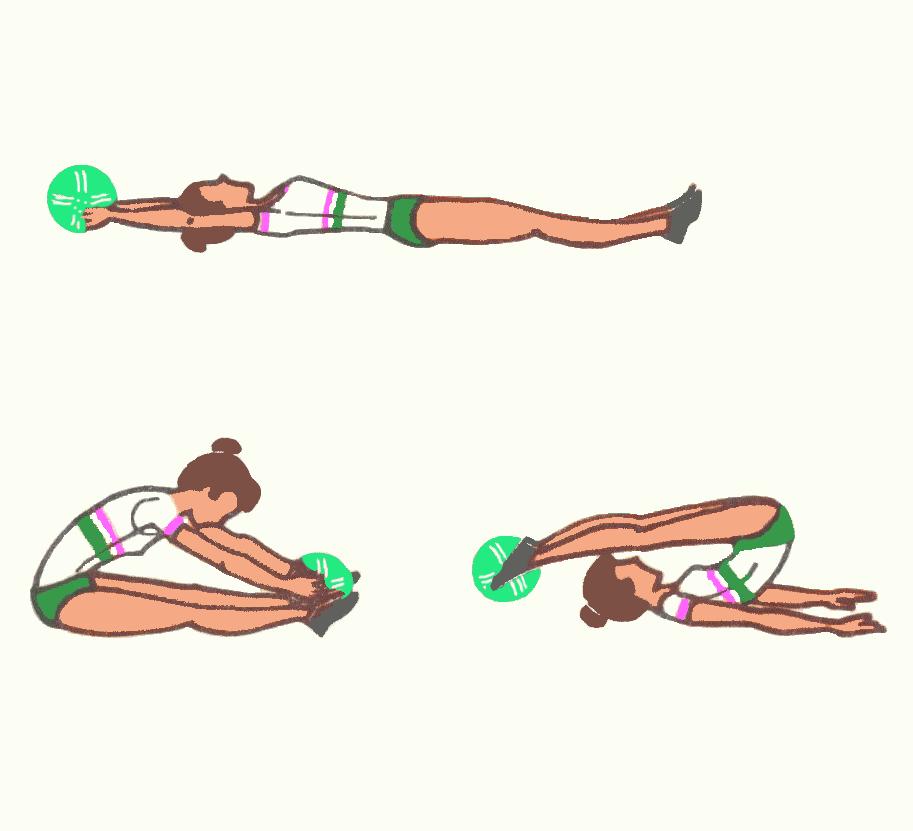
**3 4 5**

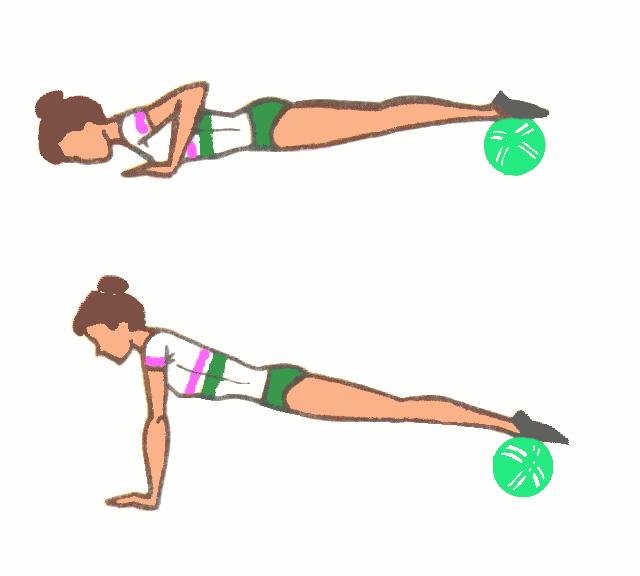
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**6 7**

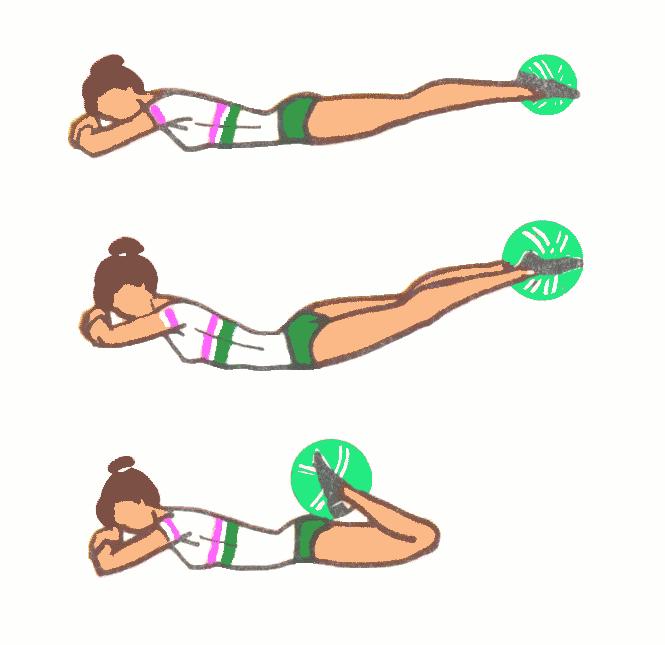
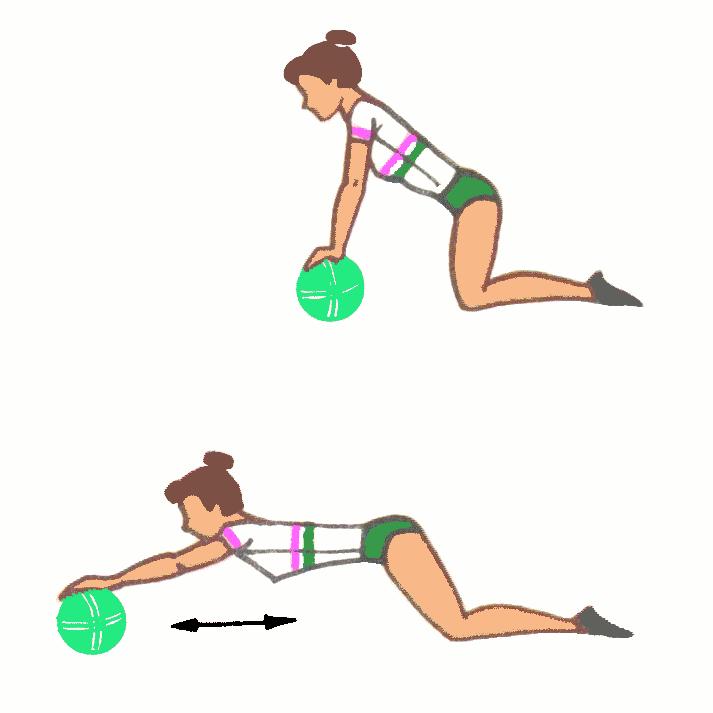
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**8 9**

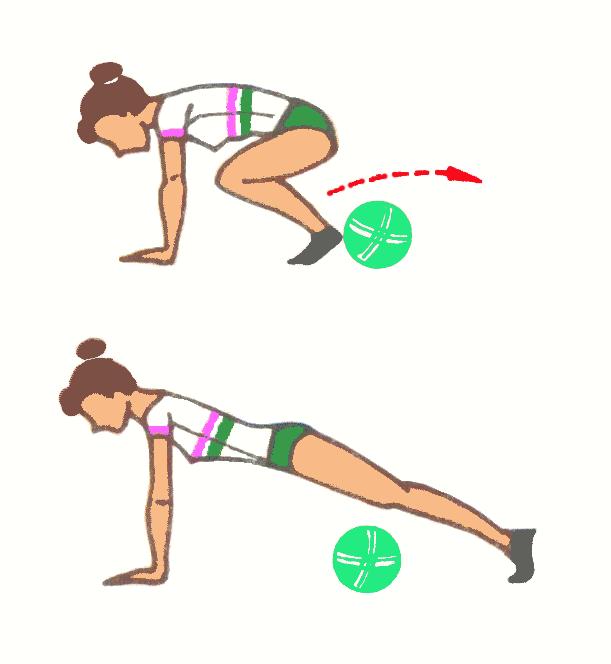
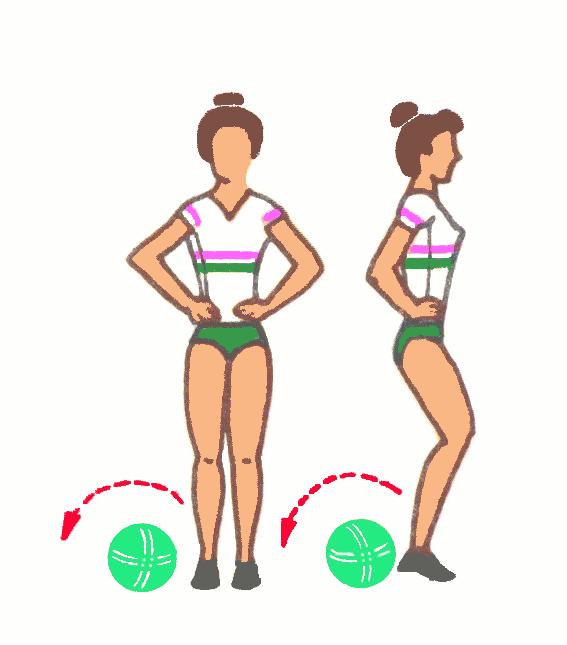
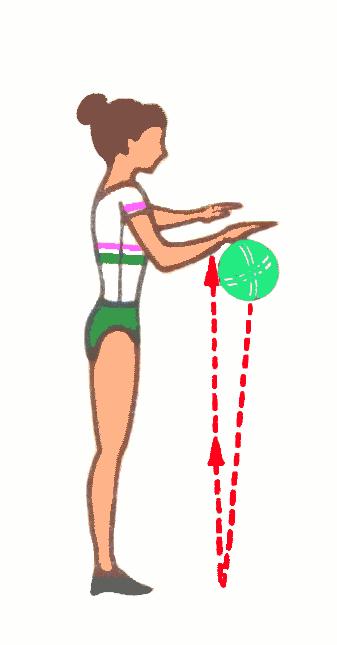
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**10 11**

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**12 13**

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**14 15 16**