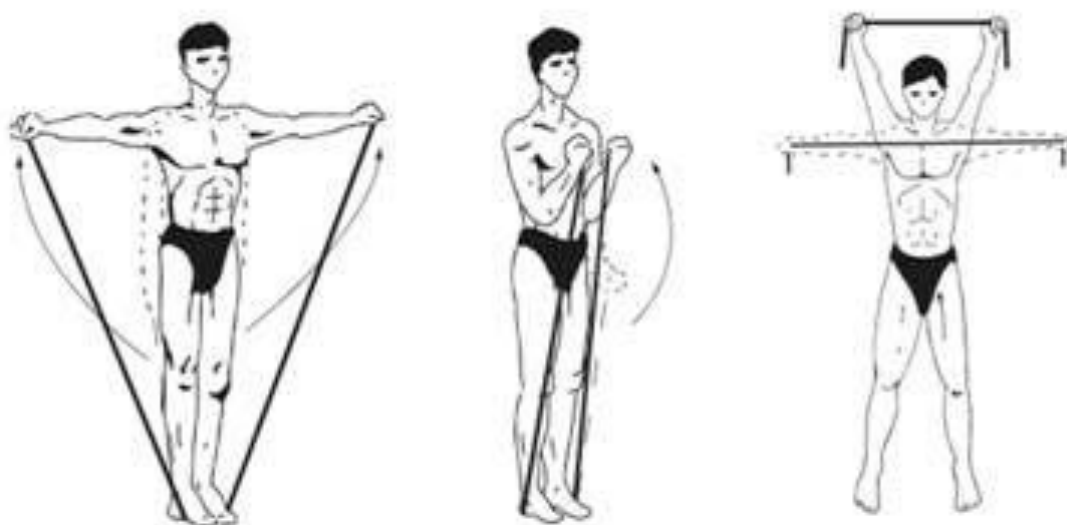
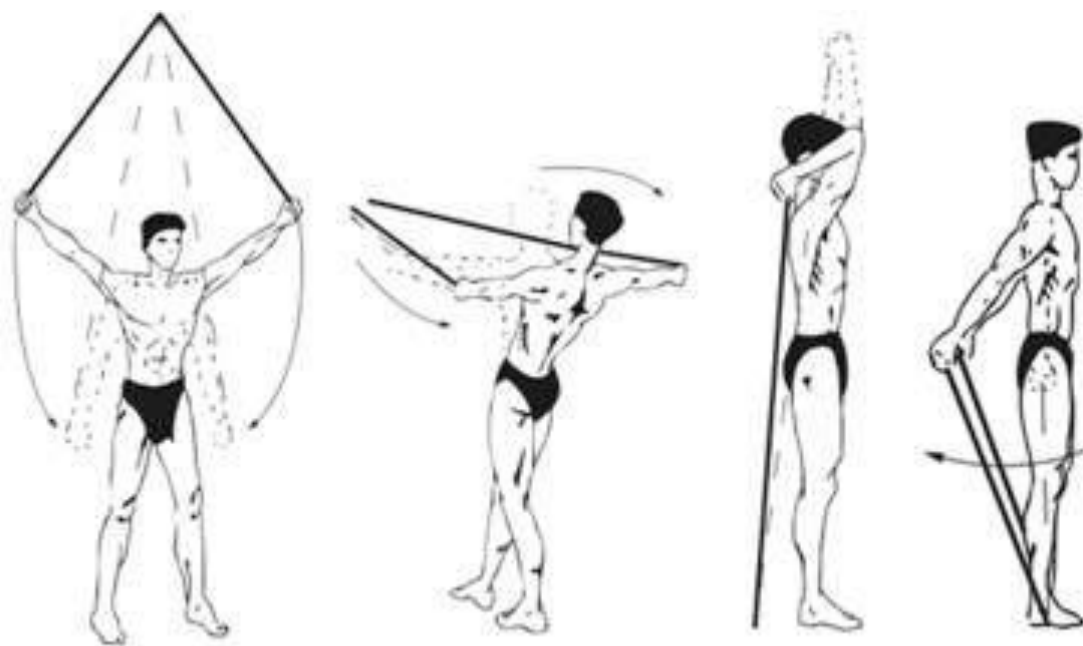
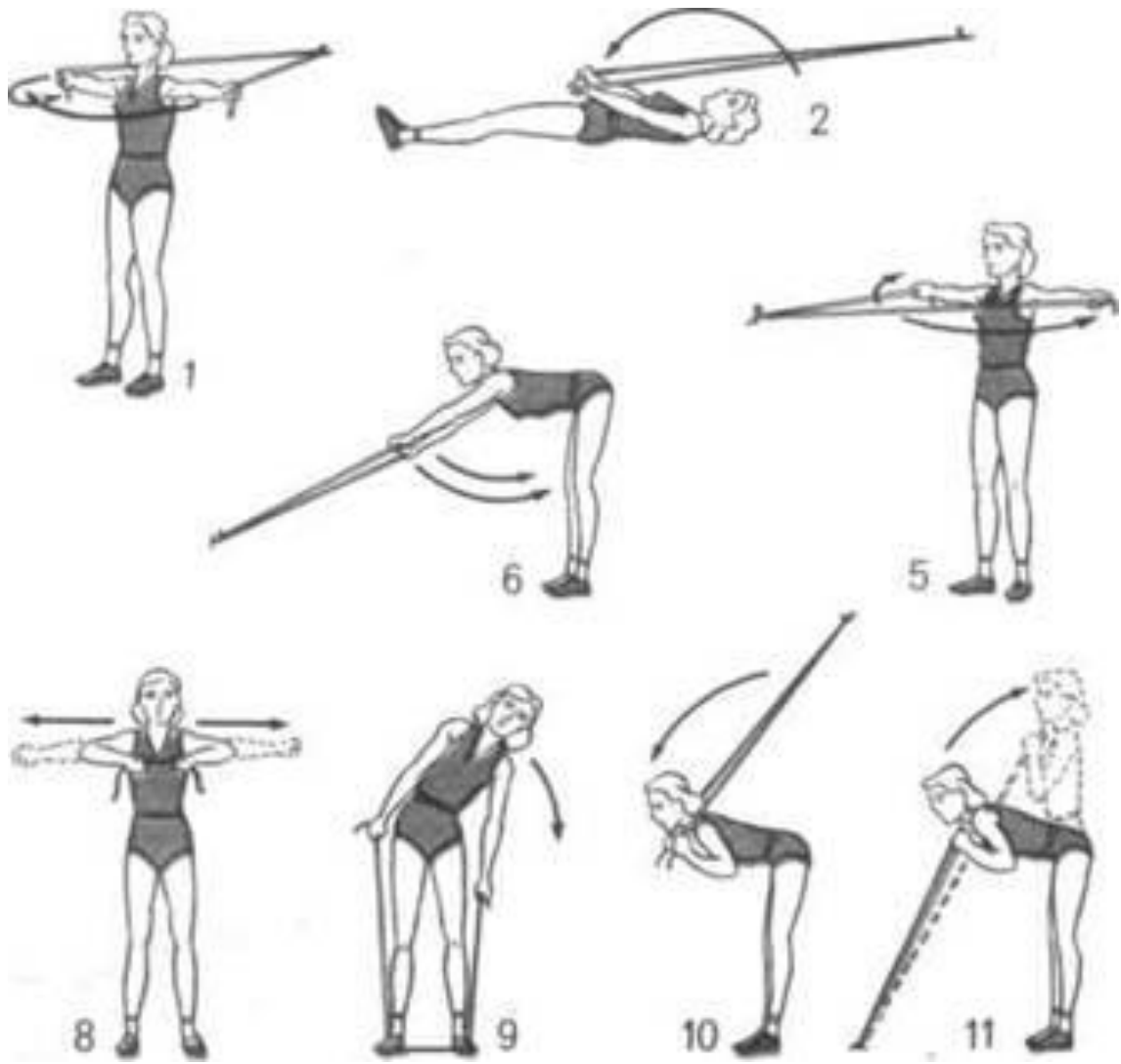


## Упражнения с резиной





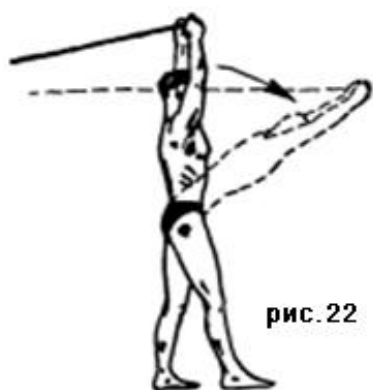


рис. 22

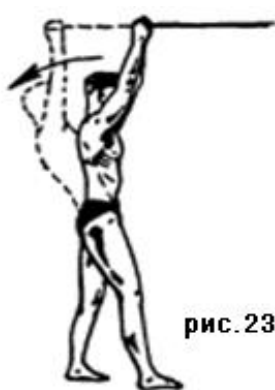


рис. 23



рис. 24



рис. 25



рис. 26



рис. 27



рис. 28



рис. 29



рис. 30



рис. 31



рис. 32



рис. 33



рис. 34