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| Marec  **Po tom cvičení sa mi tak dobre spí :)** | **Tuším sa do toho pustím aj ja:)** |
| 2021C:\Users\Admin\Desktop\images (4).jpg | C:\Users\Admin\Desktop\stiahnuť (5).jpg |
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| **Pondelok** | **Utorok** | **Streda** | **Štvrtok**  3. výzva!!!  1. 30sekúnd beh na mieste,30s výdrž v drepe 2. 30s beh na mieste,30s plank 3. 30s beh na mieste,30s V-sed + bonus: celý týždeň piť iba čistú vodu( žiadne sladené nápoje) Odcvičiť 3minúty vkuse :) | **Piatok** | **Sobota** | **Nedeľa** |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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**Meno: Trieda:**

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| **24.3.**  **2021** |  |  |  |  |  |
| **25.3.**  **2021** |  |  |  |  |  |
| **26.3.**  **2021** |  |  |  |  |  |
| **27.3.**  **2021** |  |  |  |  |  |
| **28.3.**  **2021** |  |  |  |  |  |
| **29.3.**  **2021** |  |  |  |  |  |
| **30.3.**  **2021** |  |  |  |  |  |
|  |  |  |  |  |  |
|  | Happy  Relaxed  Content  Smiling face with no fill | Energetic  Focused  Creative  Grinning face with no fill | Lazy  Blah  Just No  Nervous face with no fill | Annoyed  Tired  Sick  Sad face with no fill | Stressed  Emotional  Angry  Angry face with no fill |

**Meno: Trieda:**

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| **24.3.**  **2021** |  |
| **25.3.**  **2021** |  |
| **26.3.**  **2021** |  |
| **27.3.**  **2021** |  |
| **28.3.**  **2021** |  |
| **29.3.**  **2021** |  |
| **30.3.**  **2021** |  |