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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 drepe2. 30s beh na mieste,30s plank3. 30s beh na mieste,30s V-sed+ bonus: celý týždeň piť iba čistú vodu( žiadne sladené nápoje)Odcvičiť 3minúty vkuse :) | **Piatok** | **Sobota** | **Nedeľa** |
|  |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 8 | 9 | **10** | **11** | **12** | **13** | **14** |
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| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
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| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
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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** |  |  |  |  |  |
|  |  |  |  |  |  |
|  | HappyRelaxedContentSmiling face with no fill | EnergeticFocusedCreativeGrinning face with no fill  | LazyBlahJust NoNervous face with no fill | AnnoyedTiredSickSad face with no fill | StressedEmotionalAngryAngry 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** |  |