

Как утро начнешь, так и день
проведешь.



Комплекс общеразвивающих упражнений по плаванию
в домашних условиях

MyShared

...25 ЗОЛОТЫХ УПРАЖНЕНИЙ КИФУТА.

1. ПРЫЖКИ (Jumps) - Two figures standing side-by-side.

2. НОСКИ (Toes) - A figure lying on their back with legs raised and feet together.

3. ОТЖИМ (Push-up) - A figure in a push-up position.

4. РУСАЛОЧКА (Lily) - Two figures in a crouched position with arms raised.

5. УГОЛ (Angle) - A figure lying on their back with legs raised and bent at a 90-degree angle.

6. МАЧТА (Mast) - A figure lying on their back with legs raised and bent.

7. БУДЬ ГОГОВ (Budygogov) - A figure in a crouched position with arms raised and bent.

8. ВЕЛОСИПЕД (Bicycle) - A figure lying on their back with legs raised and bent.

9. КУЗНЕЧИК (Blacksmith) - A figure in a crouched position with arms raised.

10. ФУТБОЛ (Football) - A figure lying on their back with legs raised and bent.

11. РЫБКА (Fish) - A figure lying on their back with legs raised and bent.

12. НОЖНИЦЫ (Scissors) - A figure lying on their back with legs raised and bent.

13. КОЗЛИК (Goat) - A figure lying on their back with legs raised and bent.

14. КРОЛЕНИЕ (Crawling) - A figure lying on their back with legs raised and bent.

15. РЫБКА (Fish) - A figure lying on their back with legs raised and bent.

16. ВЕЛОСИПЕД (Bicycle) - A figure lying on their back with legs raised and bent.

17. НАКЛОНЫ (Bends) - A figure lying on their back with legs raised and bent.

18. МОСТИК (Bridge) - A figure lying on their back with hips raised.

19. СИЛОВОЕ (Strength) - A figure lying on their back with legs raised and bent.

20. БАРЬЕР (Barrier) - A figure lying on their back with legs raised and bent.

21. НЫРОК (Diver) - A figure lying on their back with legs raised and bent.

22. ПОДЪЕМ ТУЛОВИЩА (Lift torso) - A figure in a crouched position with arms raised.

23. ПОВороты (Turns) - A figure in a crouched position with arms raised.

ВСТАНЬ (Stand up) - A figure lying on their back with legs raised and bent.