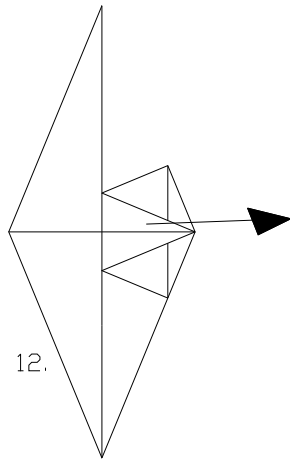
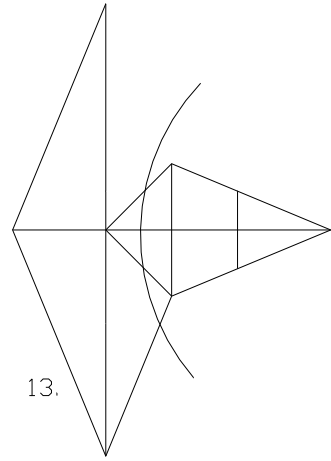


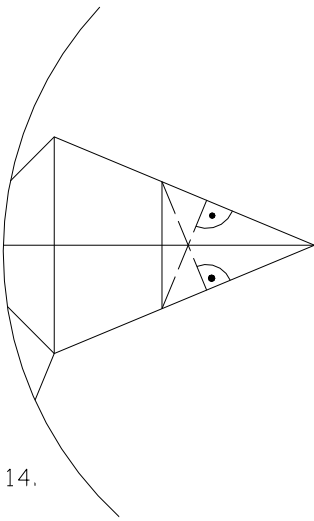
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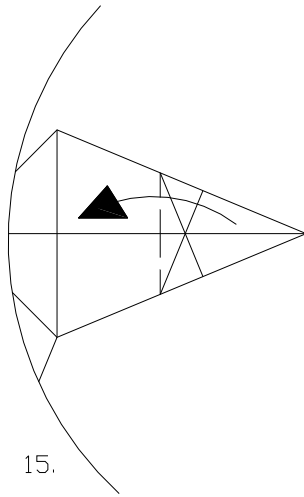
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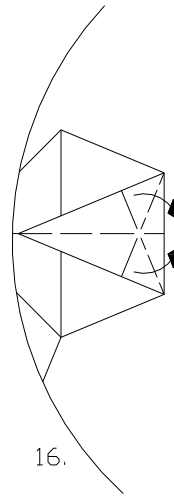
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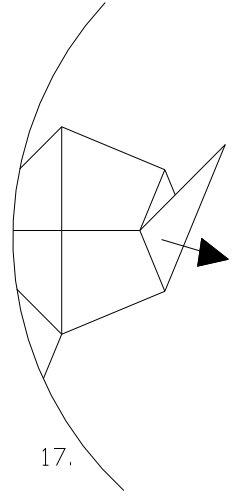
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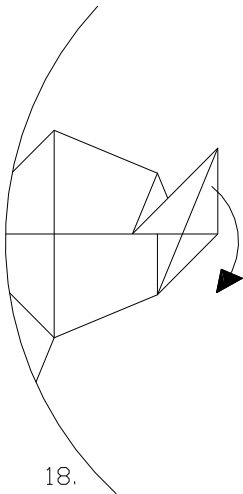
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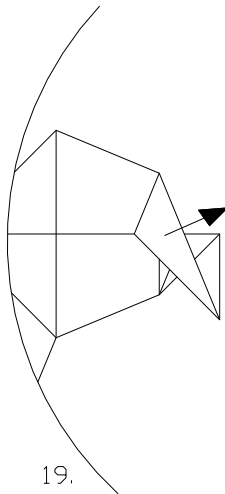
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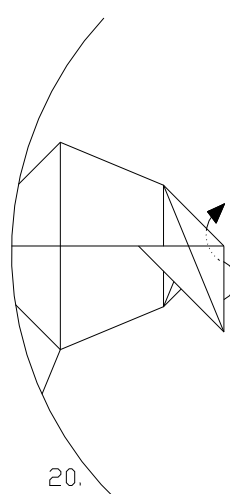
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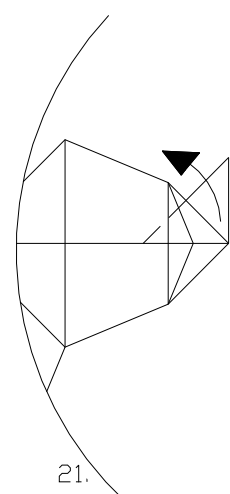
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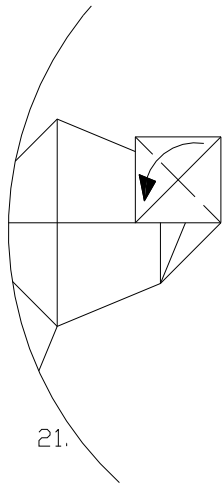
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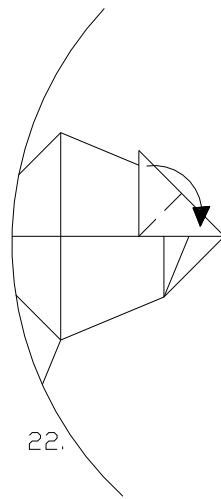
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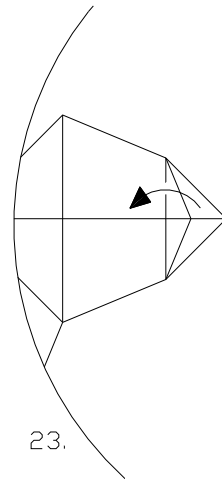
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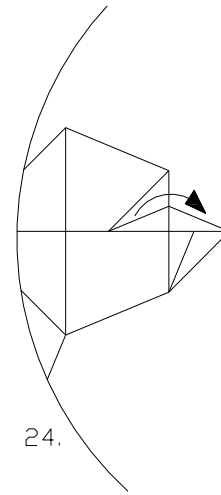
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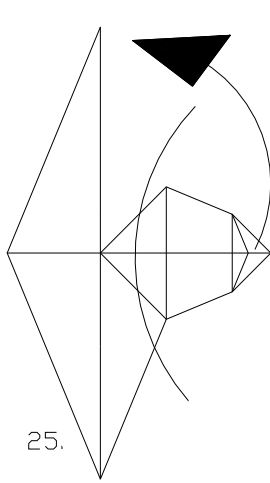
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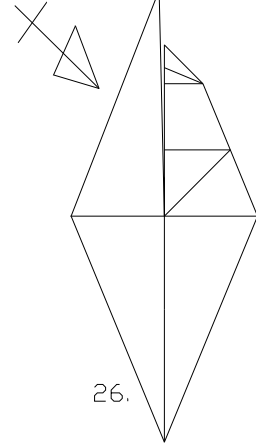


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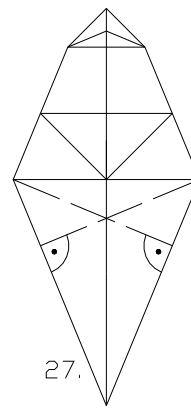


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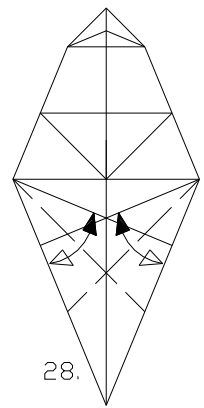
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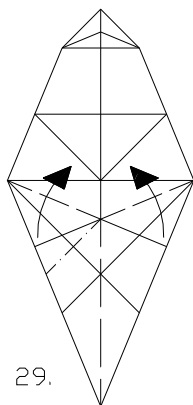
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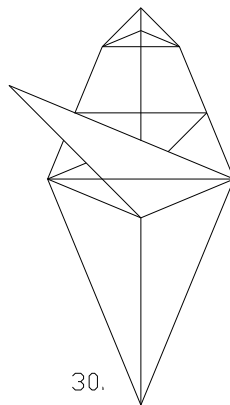
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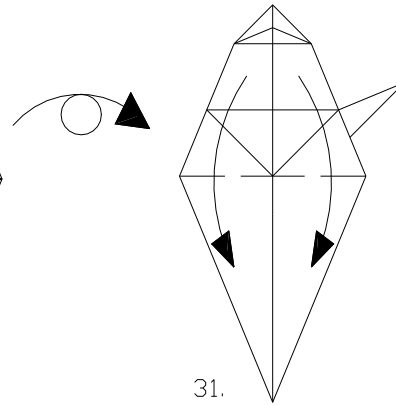
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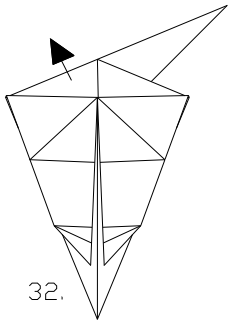
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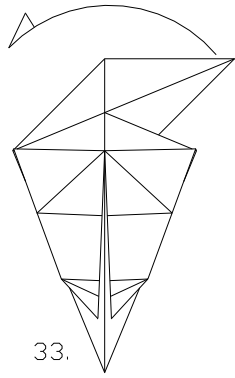
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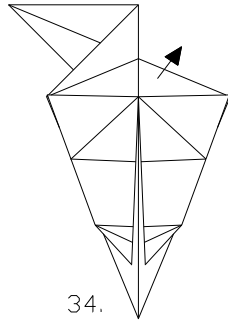
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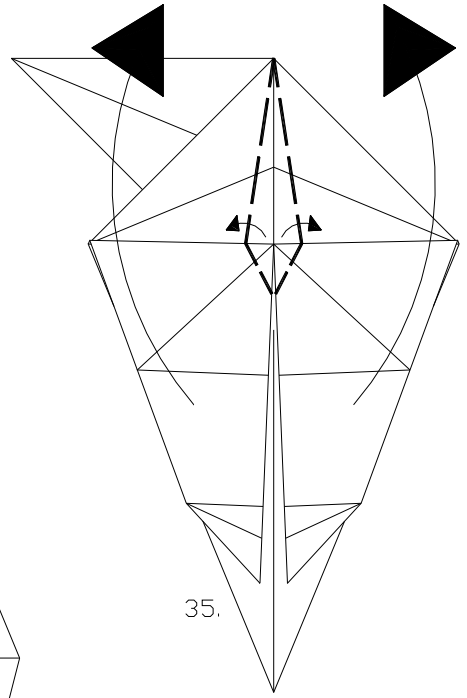
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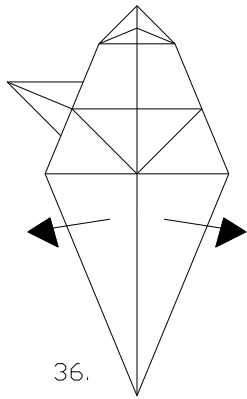
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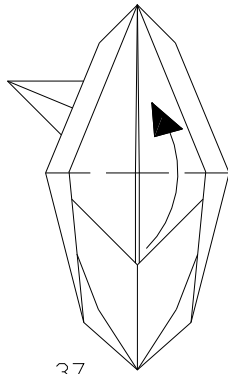
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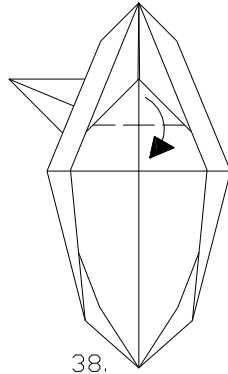
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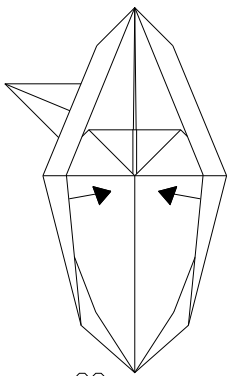
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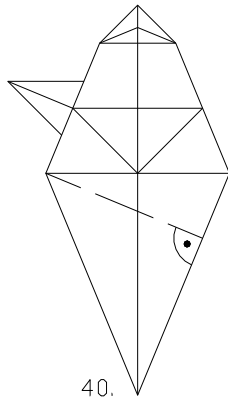
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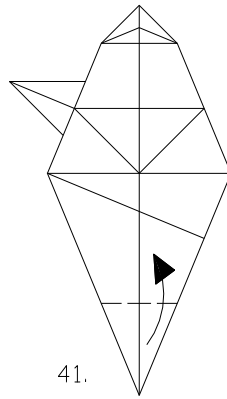
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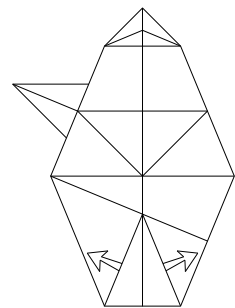
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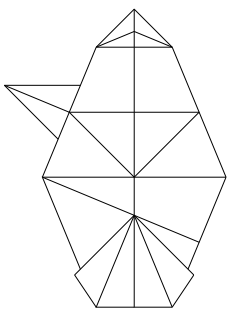
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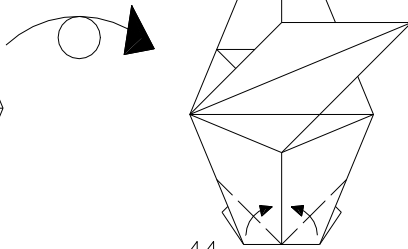
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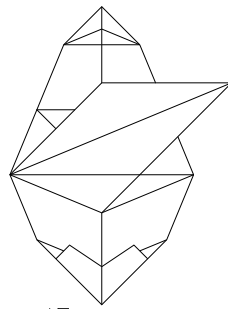
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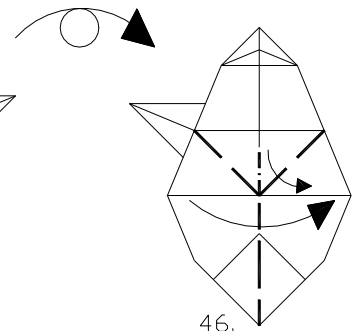
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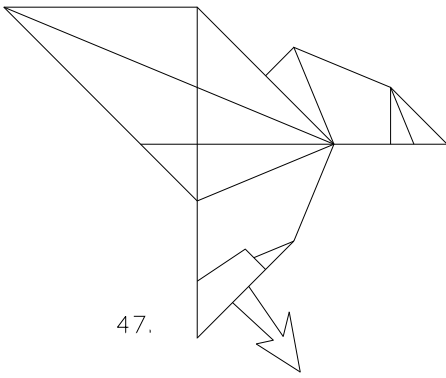
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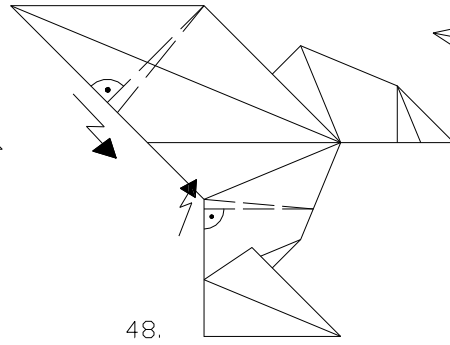
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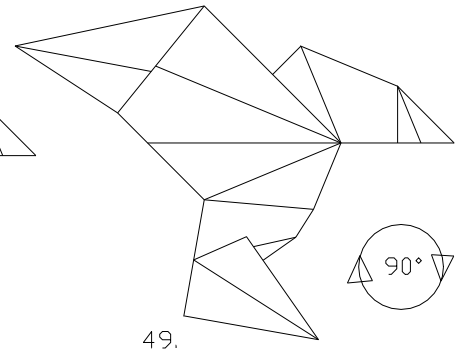
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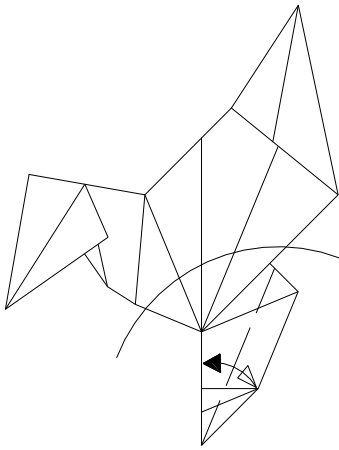
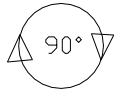
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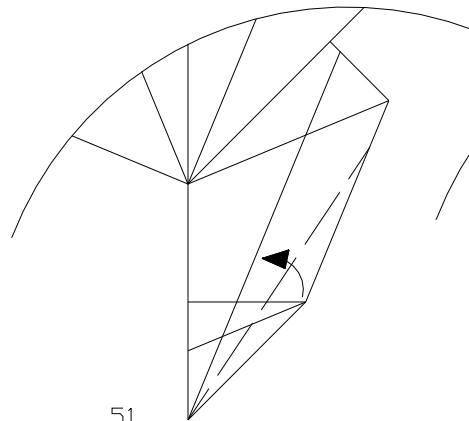
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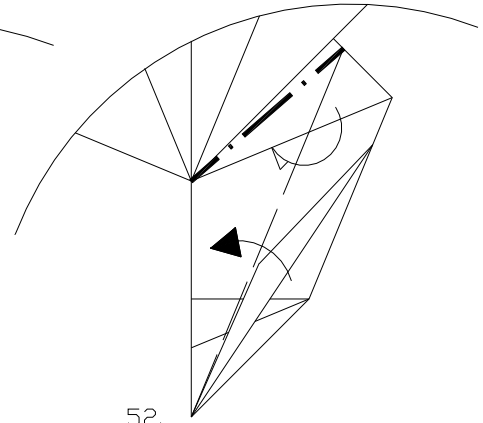
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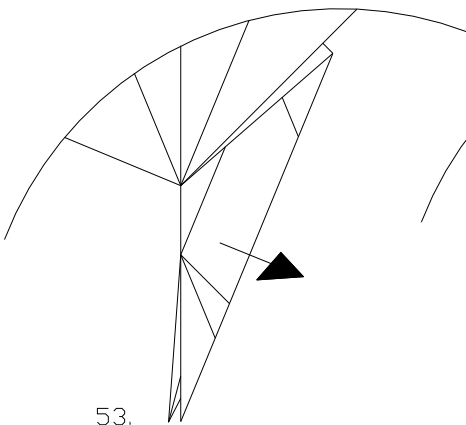
50.
zopakujte na druhej nohe



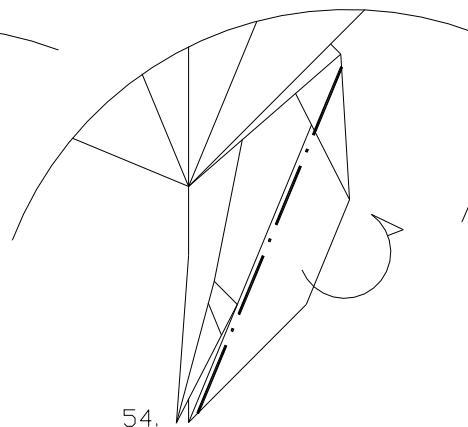
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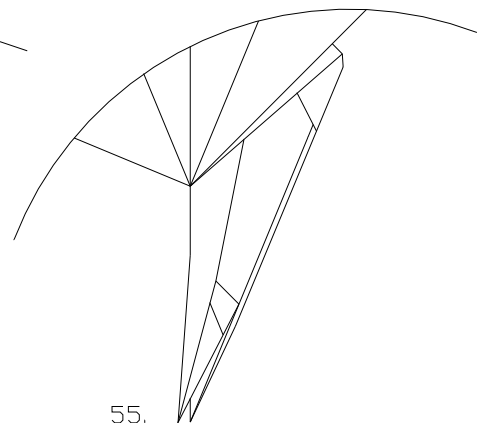
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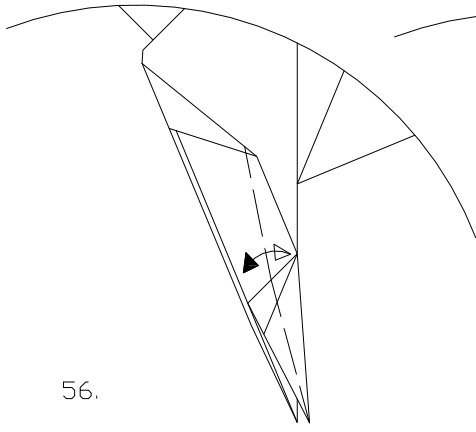
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54.
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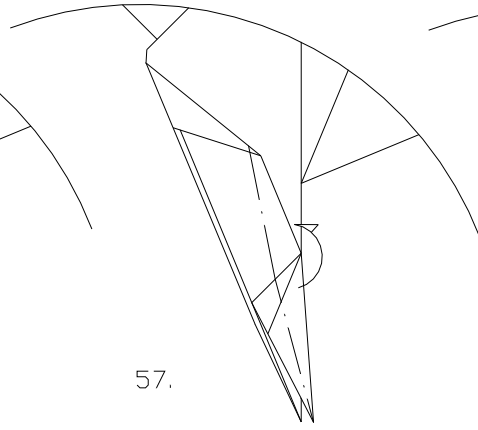


55.
od na sledujúceho kroku
bude noha zobrazená
z druhej strany



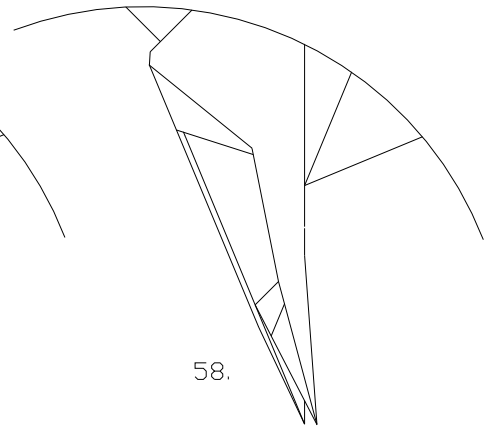
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zopakujte na druhej nohe



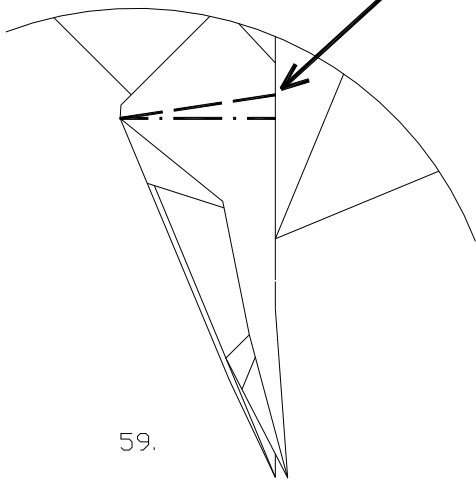
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zopakujte na druhej nohe

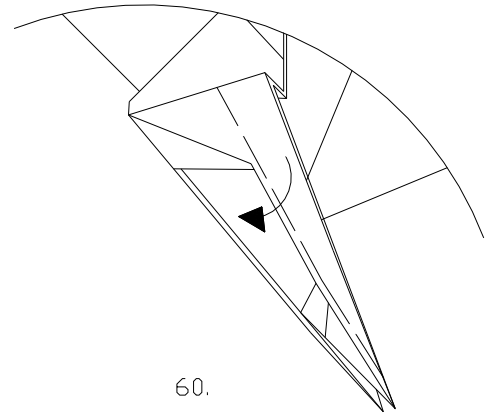


58.

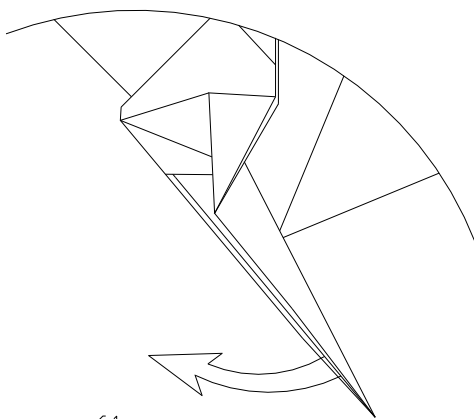
na tomto mieste sú nohy spojené



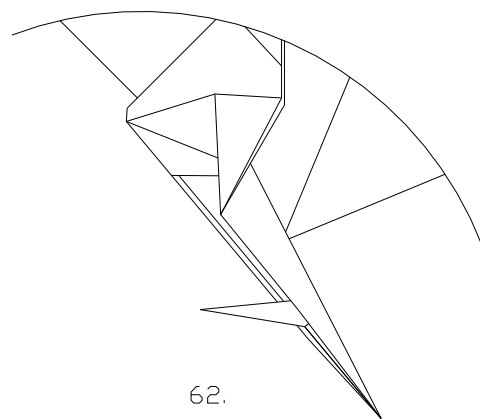
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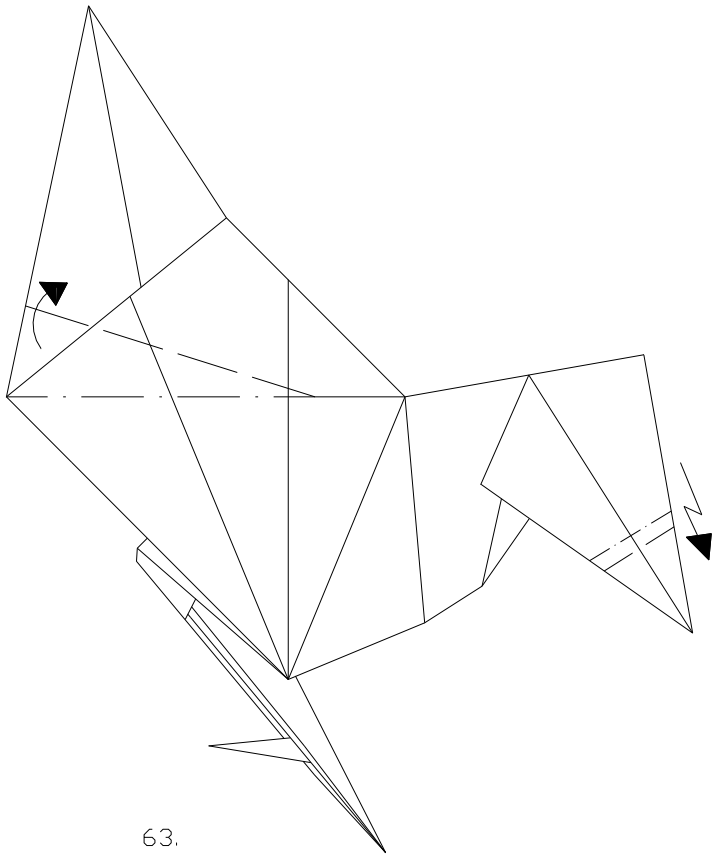


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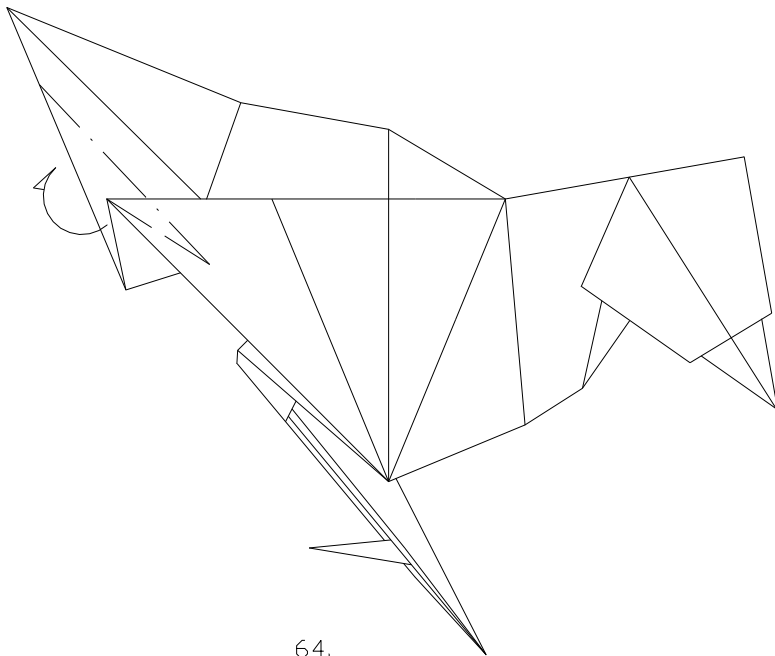


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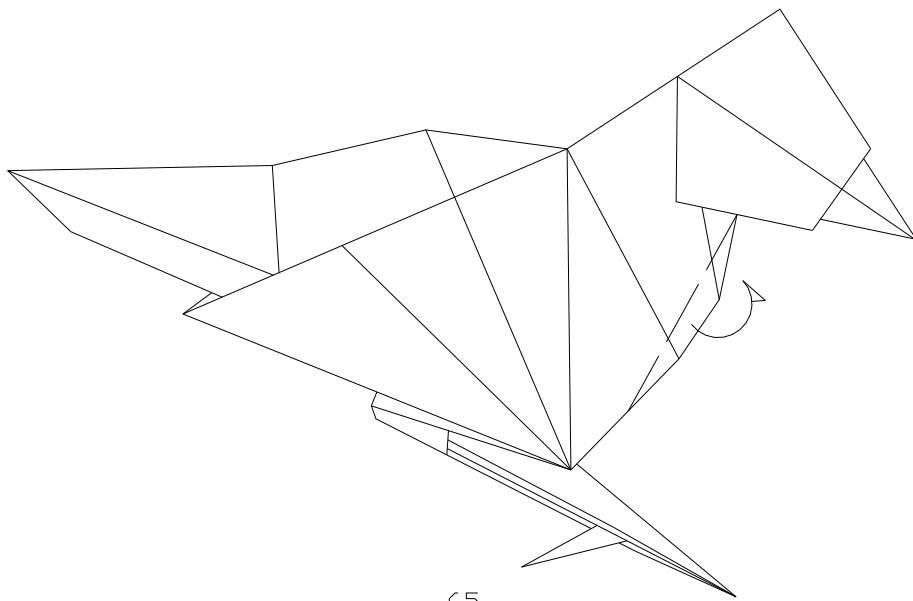
zopakujte kroky 59 až 61 na druhej nohe



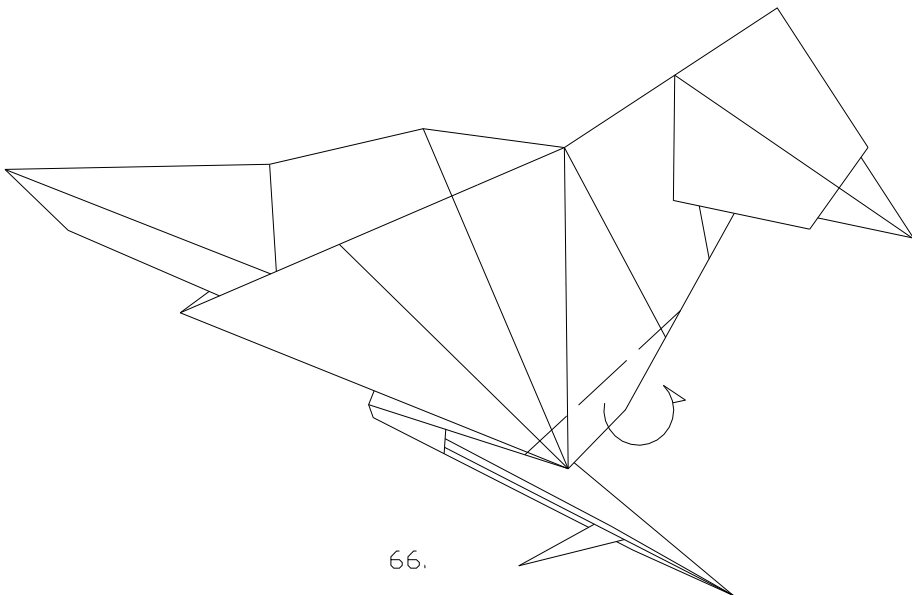
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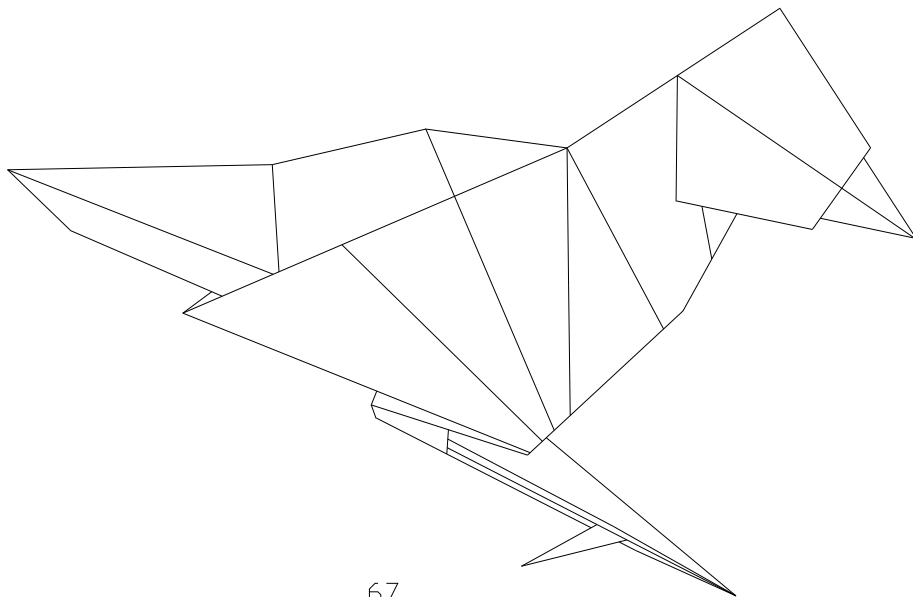
64.



65.



66.



67.

