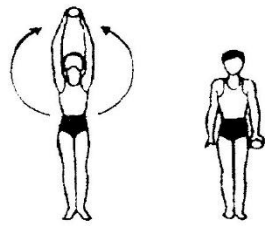


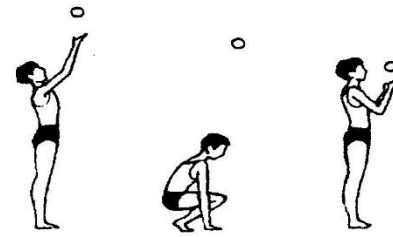
# Вариант 1

## Комплекс ОРУ

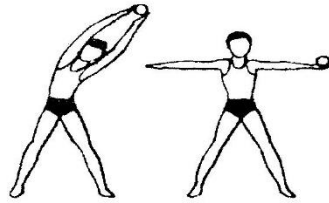
### с мячом



1



2



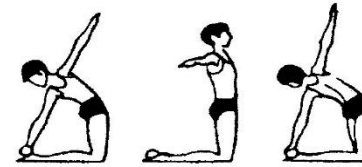
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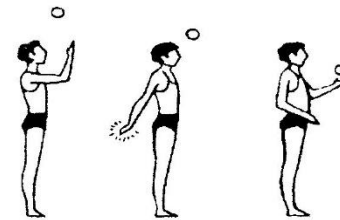
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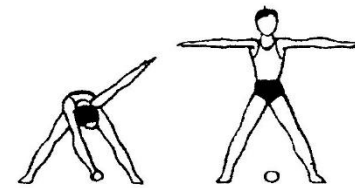
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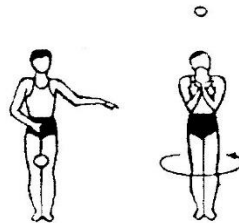
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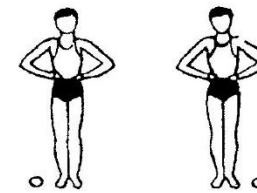
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8



9

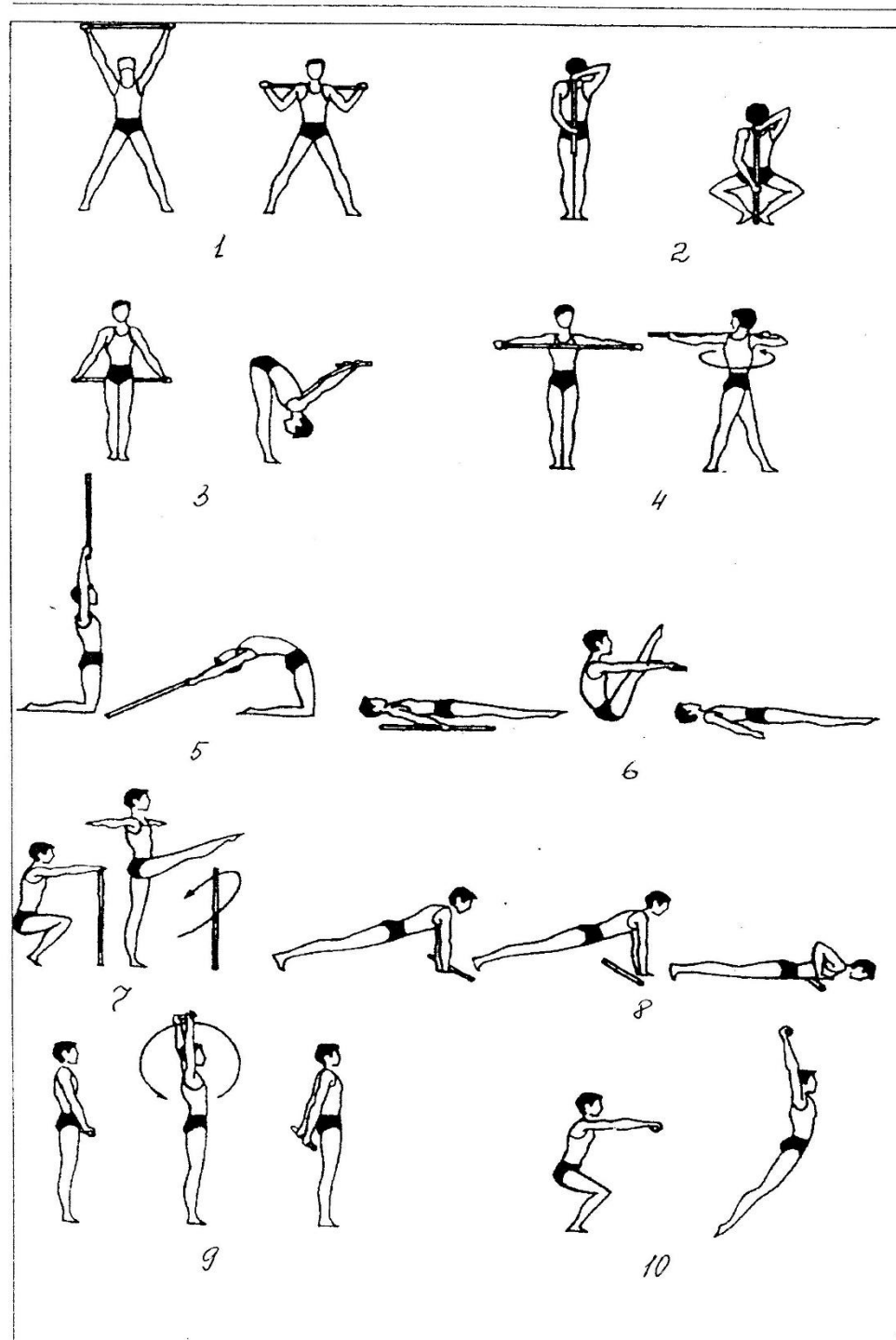


10

# Вариант 2

## Комплекс ОРУ

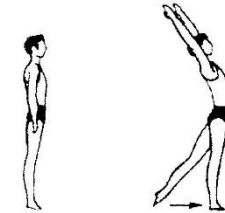
### с палкой



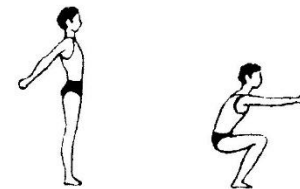
# Вариант 3

## Комплекс

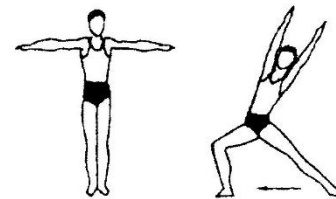
### ОРУ



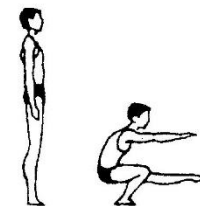
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2



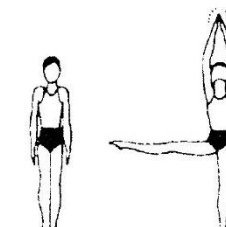
3



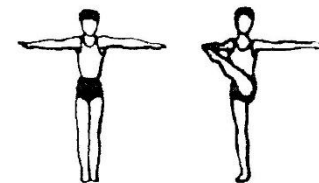
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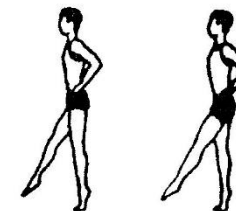
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6



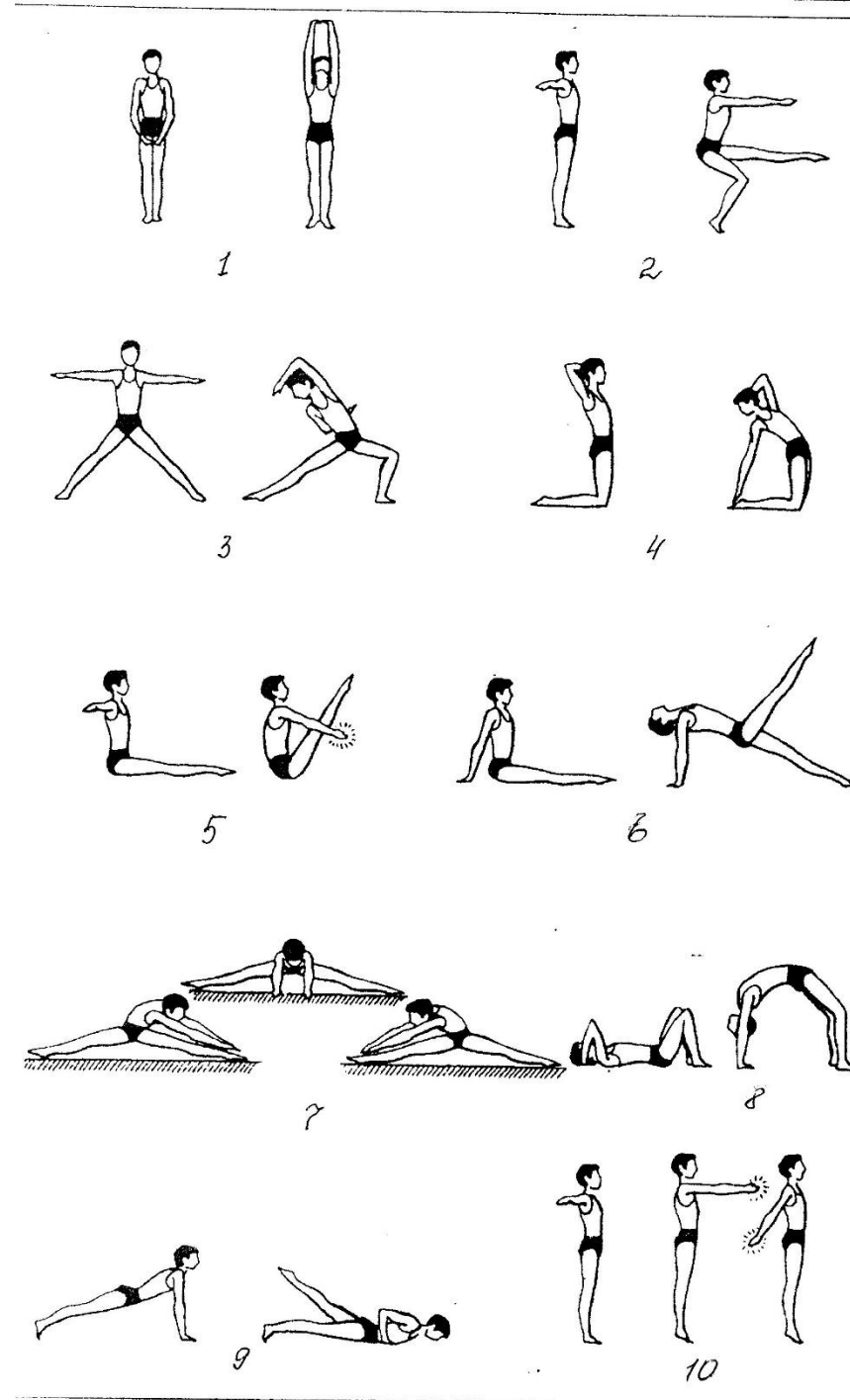
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8

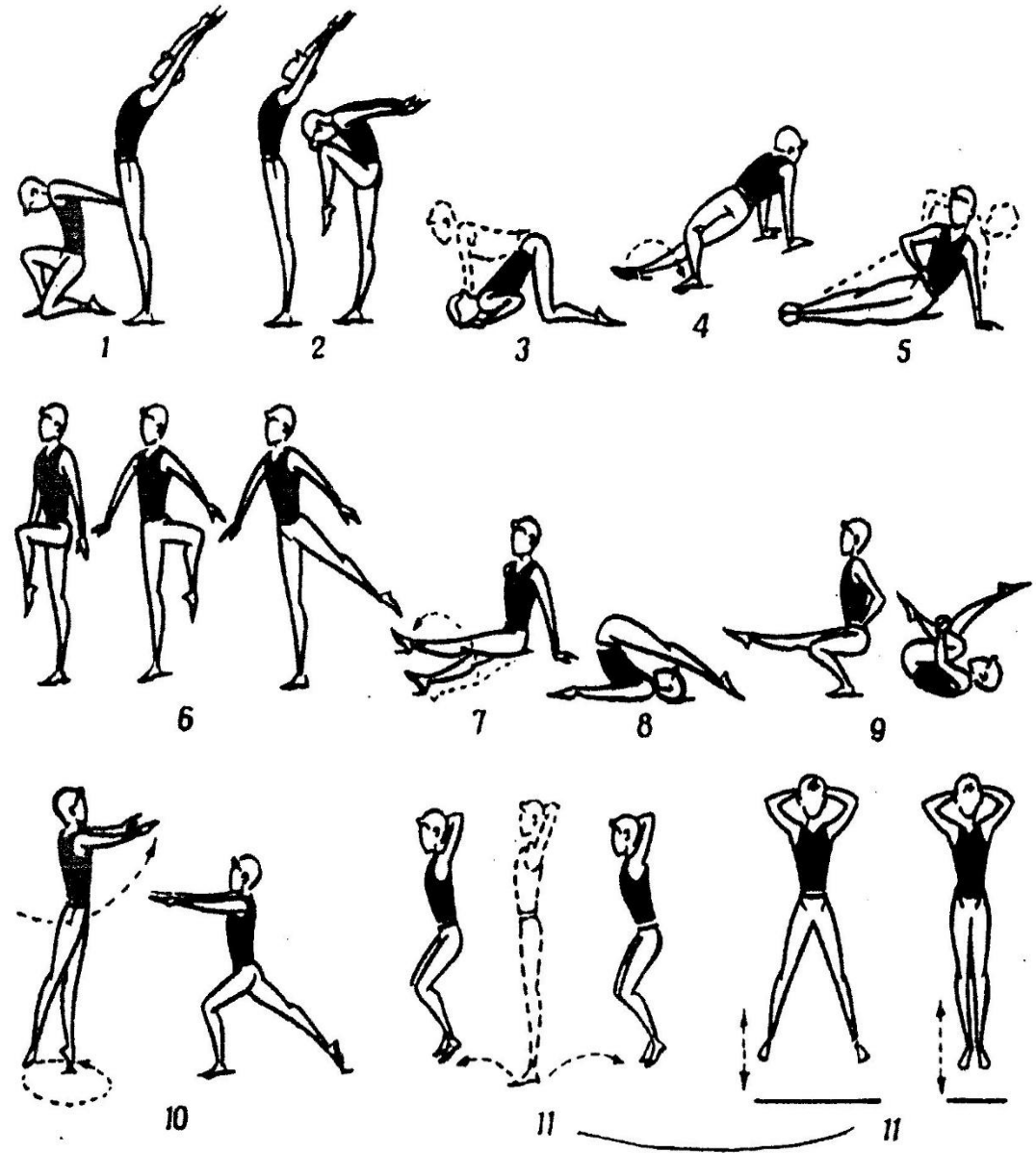
# Вариант 4

## Комплекс ОРУ



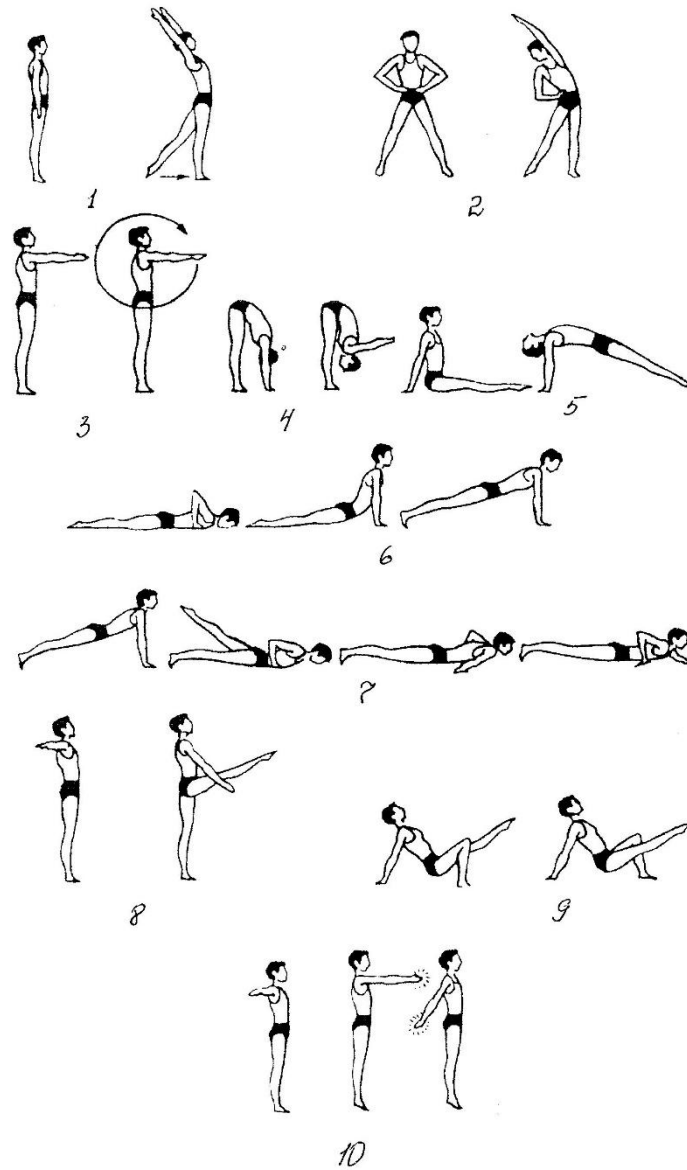
# Вариант 5

## Комплекс ОРУ



# Вариант 6

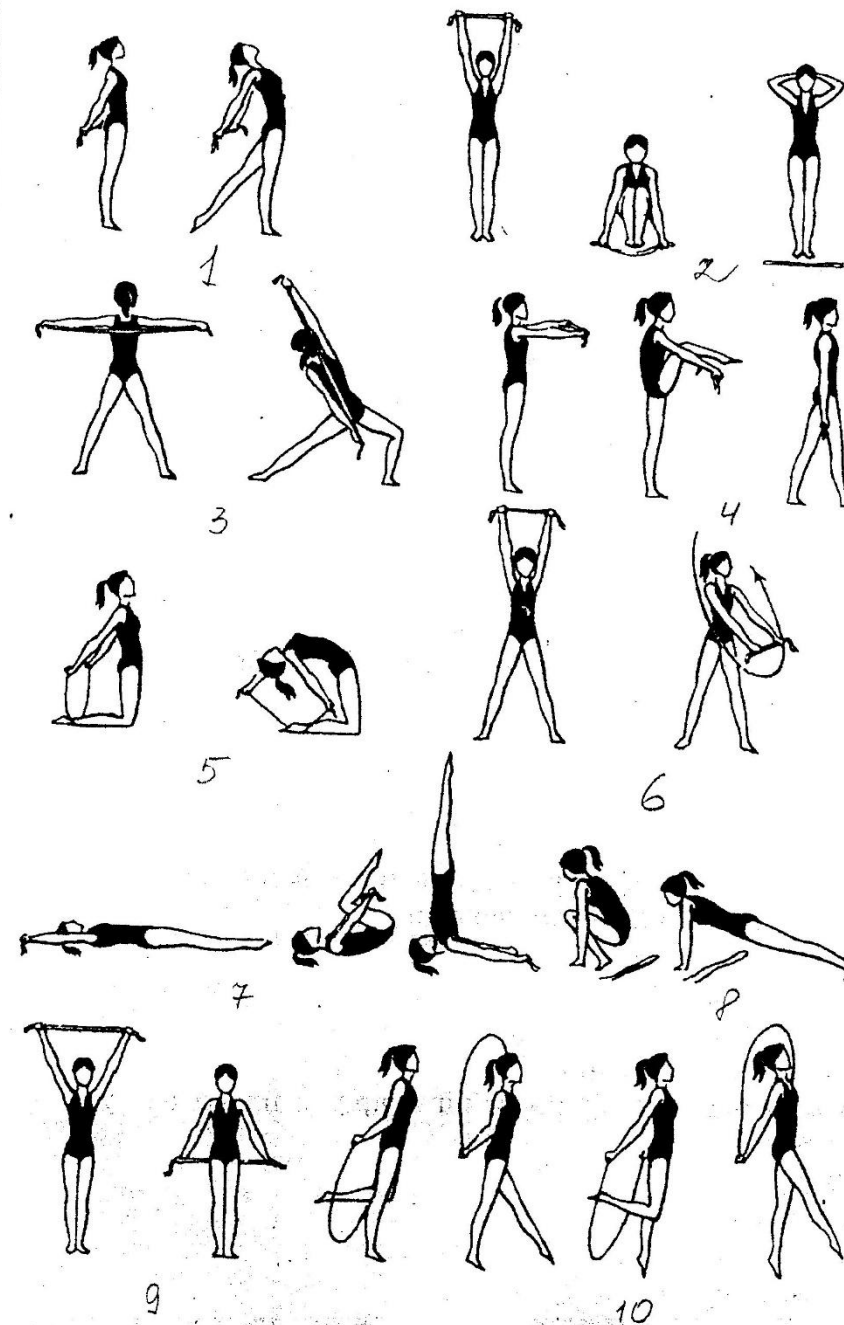
## Комплекс ОРУ



# Вариант 7

## Комплекс ОРУ

### со скакалкой



# Вариант 8

## Комплекс ОРУ

### с гантелями

