

Wychowanie Fizyczne

Watch the video and explain the meaning of the following expressions:

<https://www.youtube.com/watch?v=9H9qdpUzu4M&app=desktop>

work to your level
engage your abs
take the arms out
bring the hear rate down
pull elbows back
work to your own speed
knees soft/knees locked up
contract the abs
a little more armwork
keep it nice and slow
half squat
hold on to a chair
raise up on the toes

Ćwiczenia na licencji Creative Commons



mgr Dorota Wisz