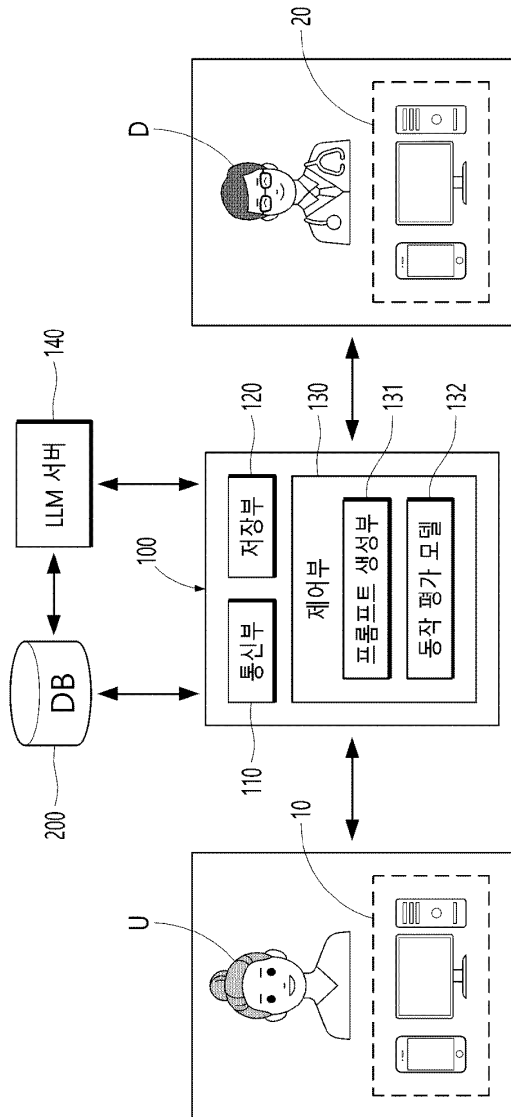
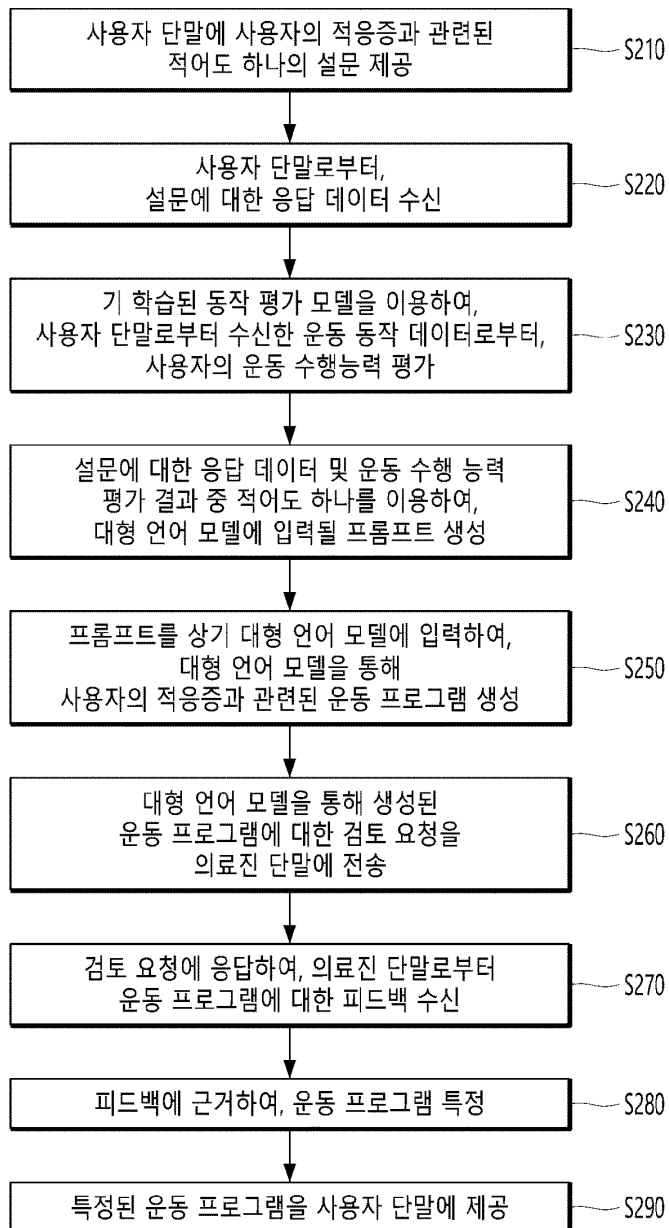


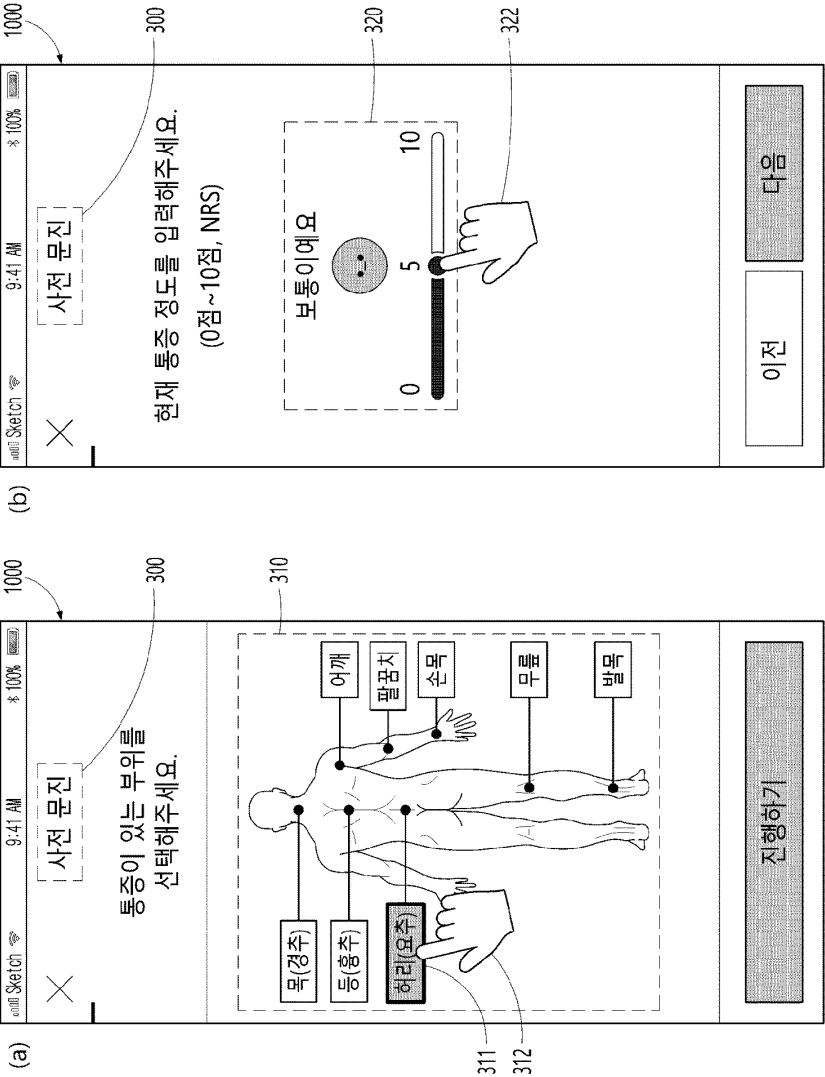
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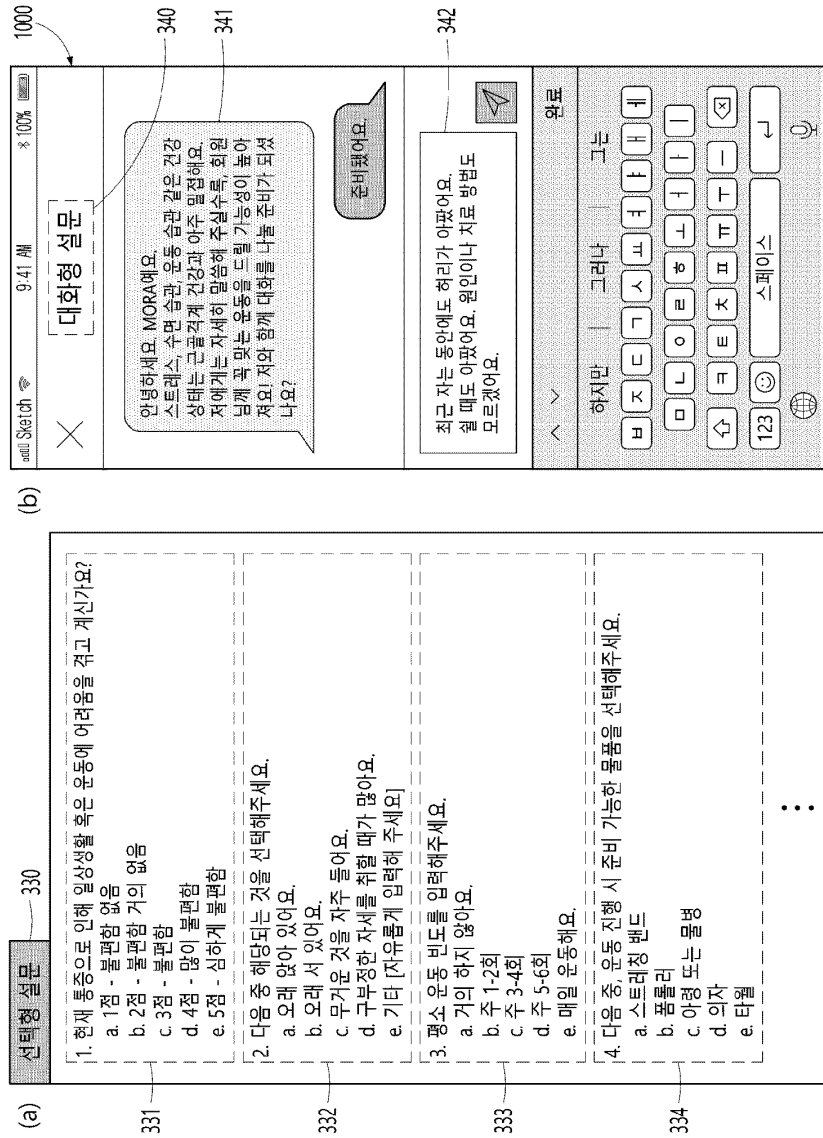
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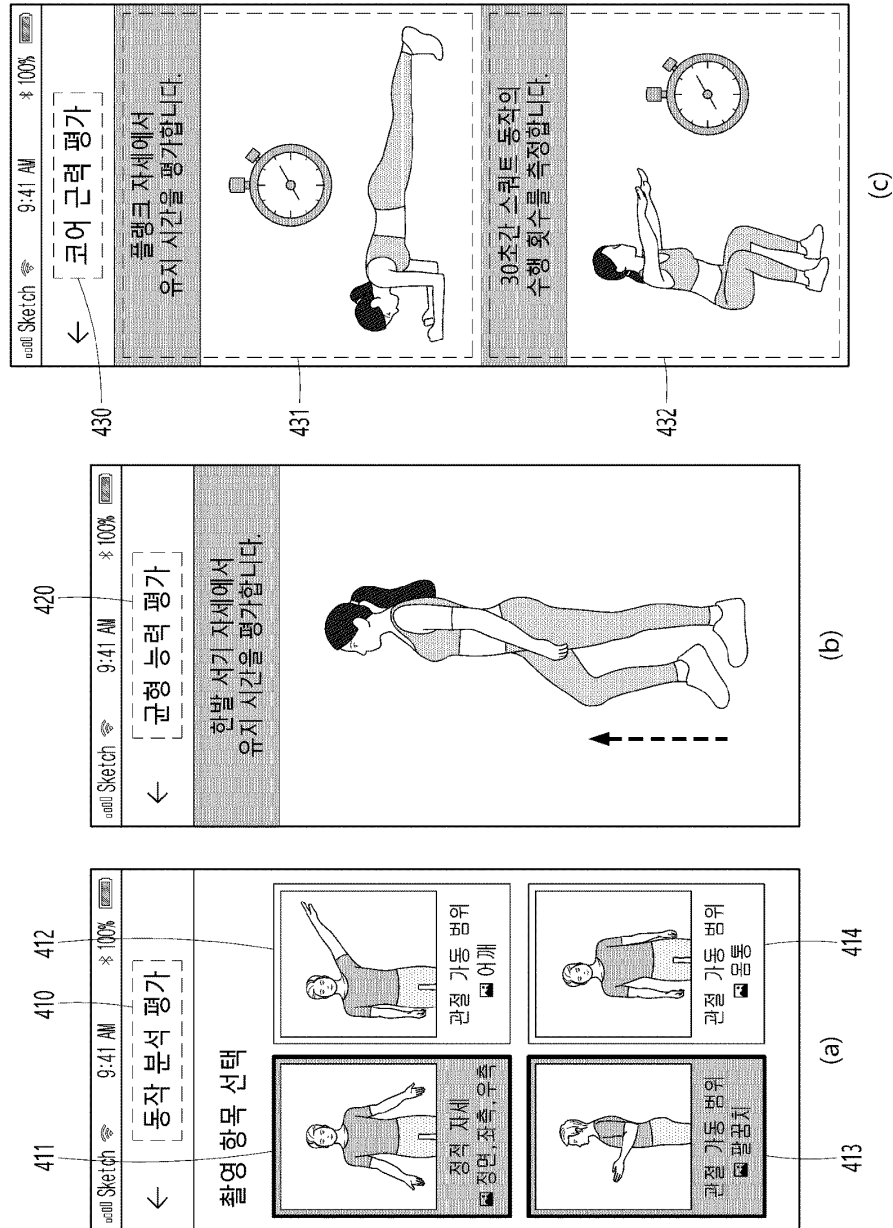
[도3a]



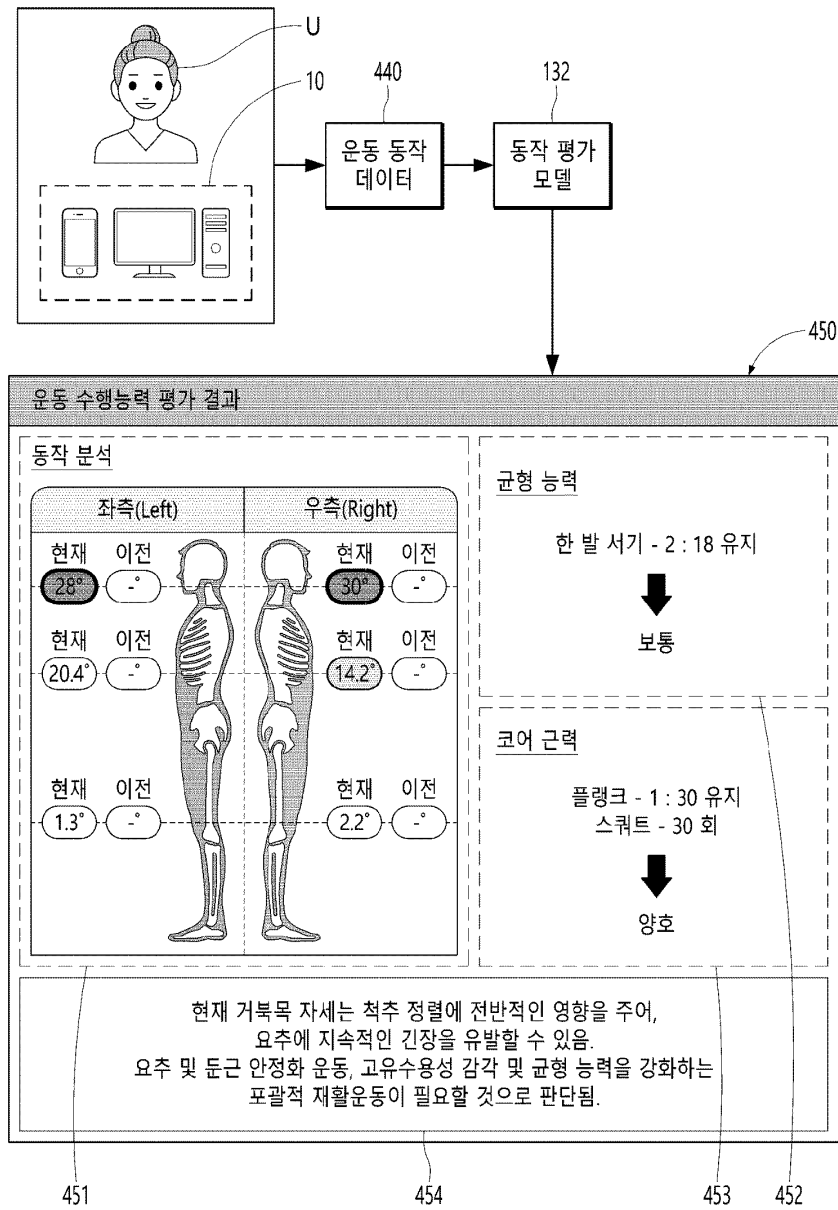
[도3b]



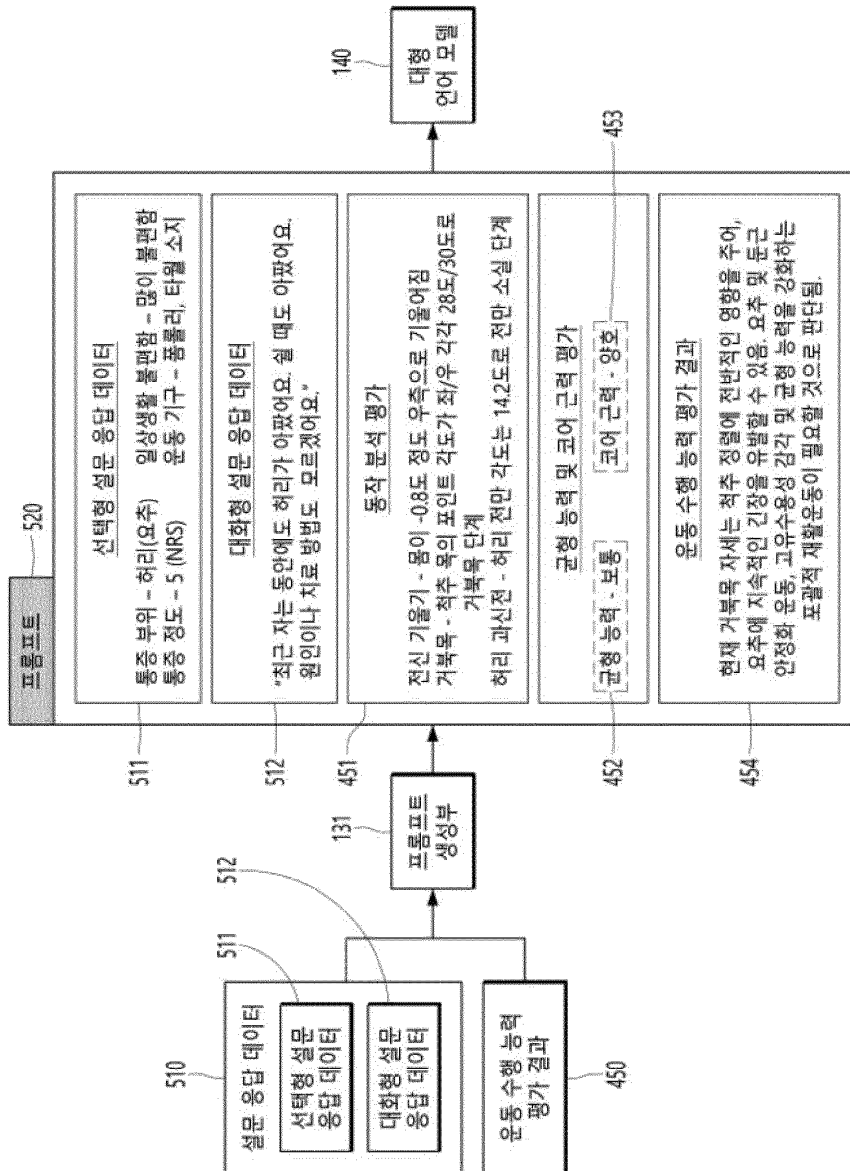
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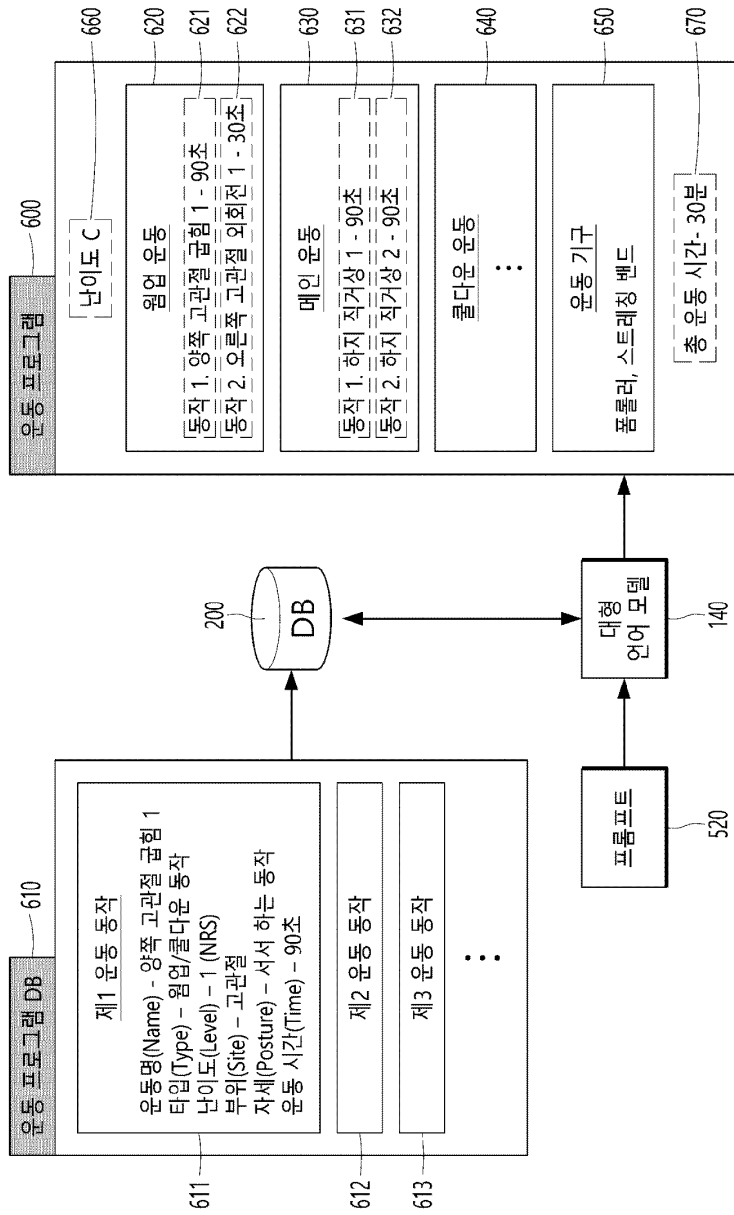
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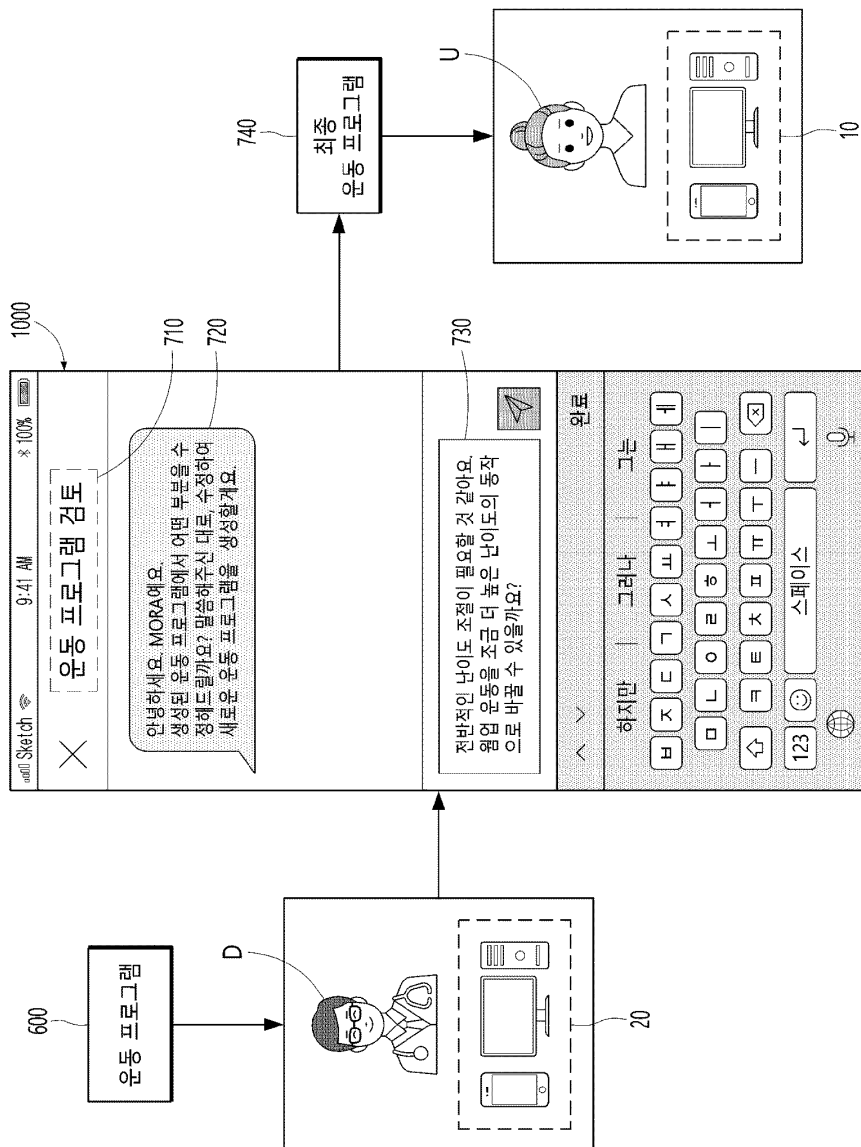
[도5]



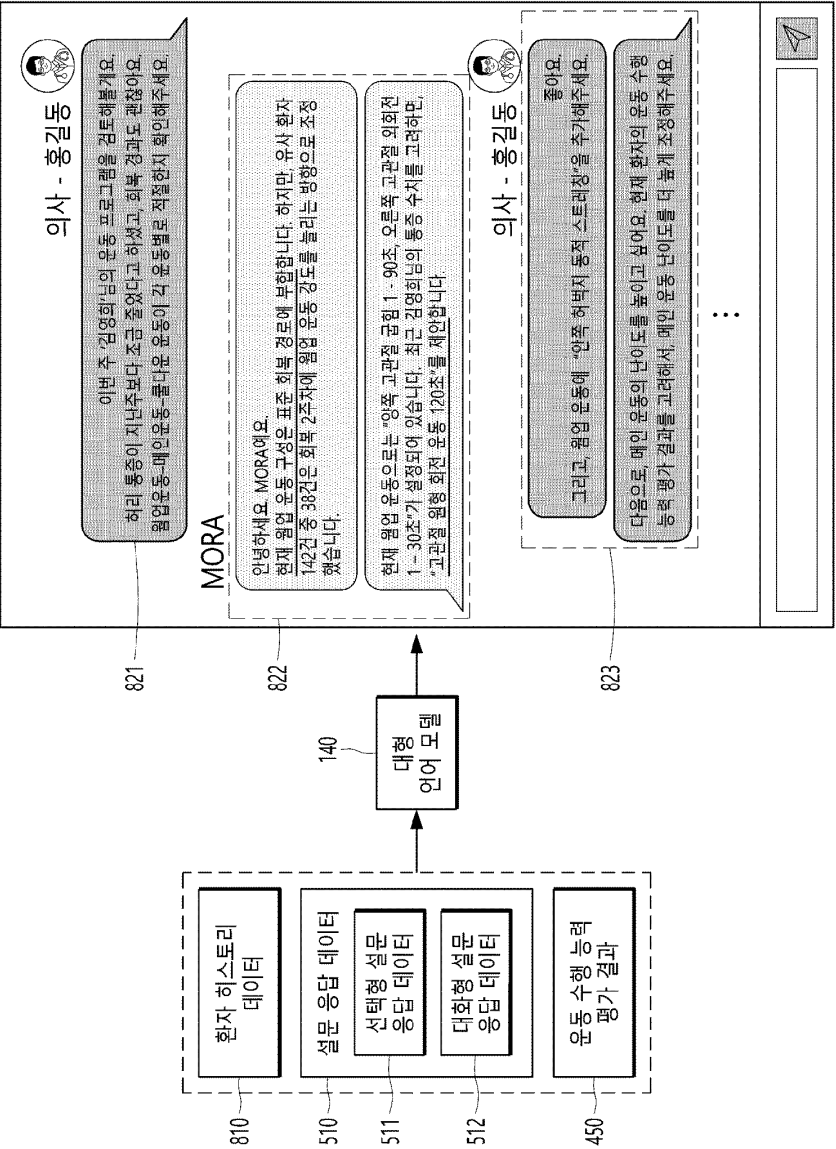
[도6]



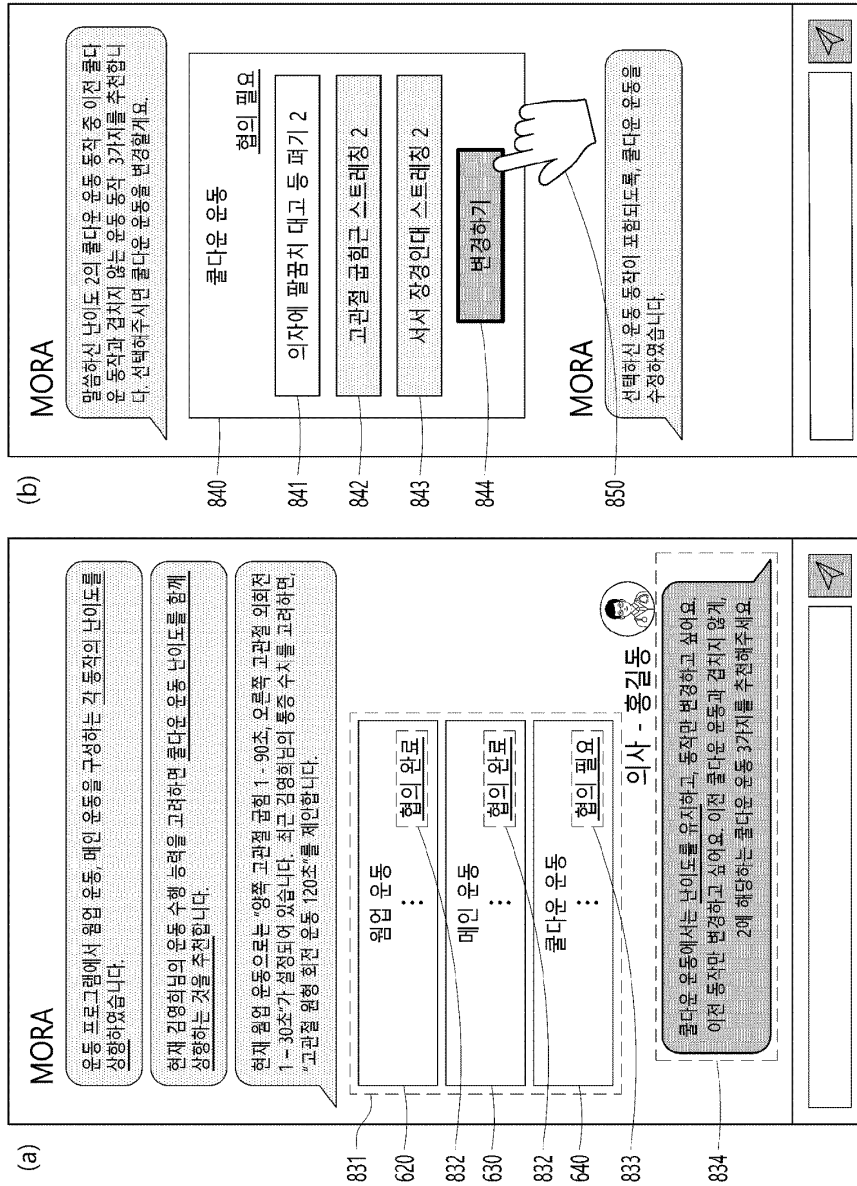
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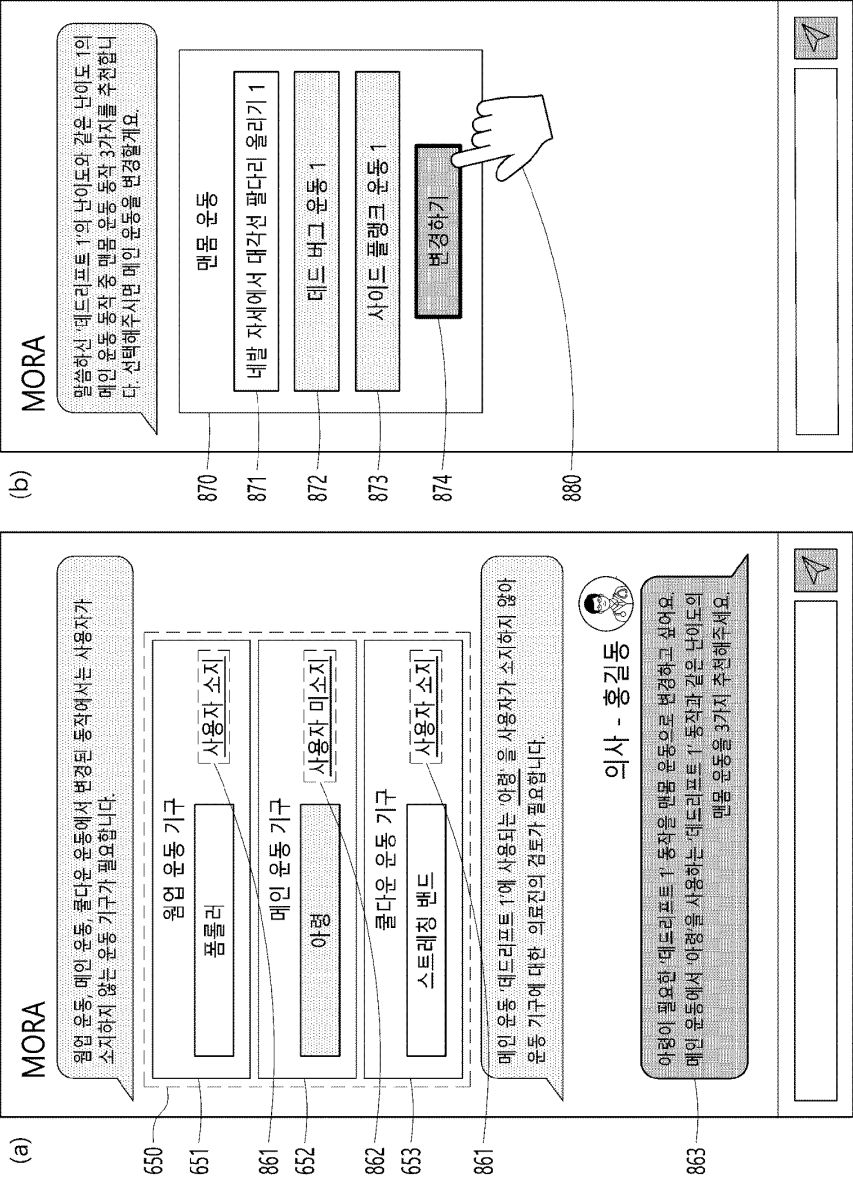
[도8a]



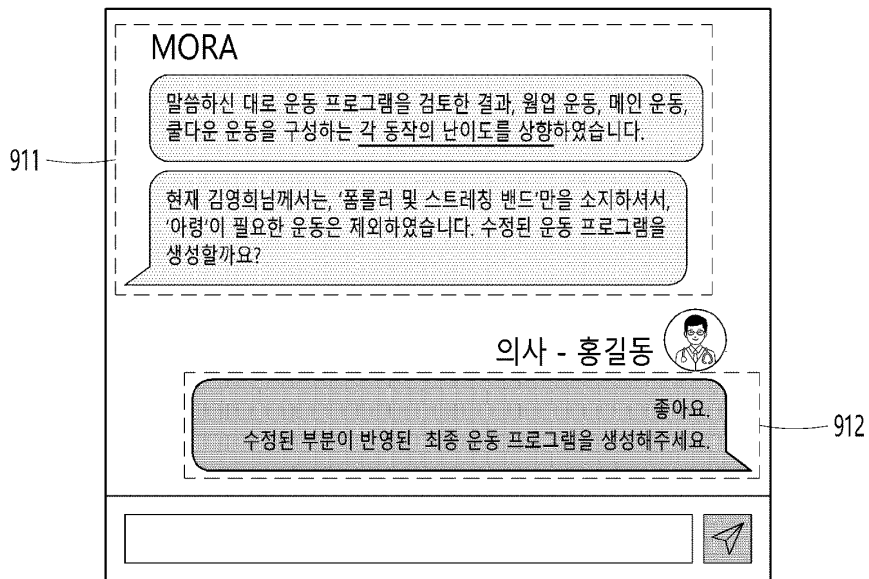
[도8b]



[도8c]



[도9a]



[도9b]

MORA

지금까지의 검토 내용에 근거하여, 새로운 운동 프로그램을 생성하였습니다. 최종 운동 프로그램은 아래와 같습니다.

900 최종 운동 프로그램

960 난이도 B (수정)

920 **웜업 운동**

921 동작 1(수정). 고관절 원형 회전 운동 - 120초

922 동작 2(수정). 안쪽 허벅지 동적 스트레칭 - 60초

:

협의 완료

930 **메인 운동**

931 동작 1(수정). 데드 버그 운동 1 - 120초

932 동작 2(수정). 사이드 플랭크 운동 1 - 120초

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협의 완료

940 **쿨다운 운동**

:

협의 완료

950 **메인 운동**

폼롤러, 스트레칭 밴드

협의 완료

970 총 운동 시간 - 40분 (수정)

981 **승인**

수정 982

990



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