

HÚZÓDZKODÓ PROGRAM 10RM

	NÉV:
1 Nap 10, 9, 8, 7, 6	
2. Nap 10, 9, 8, 7, 7	
3. Nap 10, 9, 8, 8, 7	
4. Nap 10, 9, 9, 8, 7	
5. Nap 10, 10, 9, 8, 7	
6. Nap Pihenő	
7. Nap 11, 10, 9, 8, 7	
8. Nap 11, 10, 9, 8, 8	
9. Nap 11, 10, 9, 9, 8	
10. Nap 11, 10, 10, 9, 8	
11. Nap 11, 11, 10, 9, 8	
12. Nap Pihenő	
13. Nap 12, 11, 10, 9, 8	
14. Nap 12, 11, 10, 9, 9	
15. Nap 12, 11, 10, 10, 9	
16. Nap 12, 11, 11, 10, 9	
17. Nap 12, 12, 11, 10, 9	
18. Nap Pihenő	
19. Nap 13, 12, 11, 10, 9	
20. Nap 13, 12, 11, 10, 10	
21. Nap 13, 12, 11, 11, 10	
22. Nap 13, 12, 12, 11, 10	
23. Nap 13, 13, 12, 11, 10	
24. Nap Pihenő	
25. Nap 14, 13, 12, 11, 10	
26. Nap 14, 13, 12, 11, 11	
27. Nap 14, 13, 12, 12, 11	
28. Nap 14, 13, 13, 12, 11	
29. Nap 14, 14, 13, 12, 11	
30. Nap Pihenő	