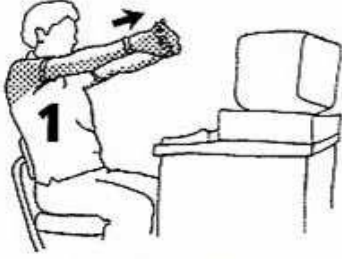


BİLGİSAYAR VE SANDALYE HAREKETLERİ



15-20 saniye iki kez



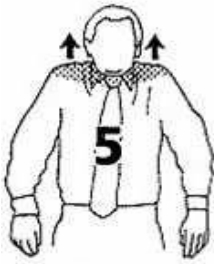
10-15 saniye



8-10 saniye
her iki yone



15-20 saniye



3-5 saniye
3 kez



10-12 saniye
her iki kol



10 saniye



10 Saniye



Her iki kol
8 -10 saniye arasi



Her iki yone
8-10 saniye



10-15 Saniye



Ellerinizi asagi salin ve
dairesel olarak sallayin