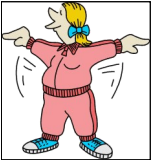
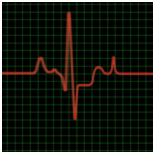






PÚLS-VERKEFNI:

Skráið niður hjartsláttinn ykkar eftir 1.mínútu af æfingum.



Heilsubraut 2

ÆFING		PÚLS EFTIR 1 MÍNÚTU	
SITJA			
STANDA			
GANGA			
HLAUPA			
HOPPA	