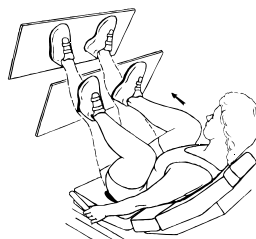


Povećanje mišićne izdržljivosti i tonusa

1. Zagrijte se prije početka vježbanja minimalno 5 min na cardio spravi
2. Zarotirajte sve zglobove i lagno se istegite
3. Na prvom treningu uradite vježbe bez opterećanja
4. prva 3 treninga uradite svaku vježbu težinom kojom možete napraviti 3 serije sa 12-15 ponavljanja
5. Odmorite se između serija 1 do 2 minute
6. od 4 treninga uradite 1. serija 15-18 ponavljanja ; 2. seriju uradite sa malo većom težinom/opterećenjem i 12-15 ponavljanja;
7. ukoliko ste pravilno odabrali težinu/opterećenje zadnji nekoliko pokušaja bi vam trebali biti relativno naporni
7. Povećajte težinu /opterećenje svako 2- 3 tjedna vježbanja.
8. uradite istezanje - stretching

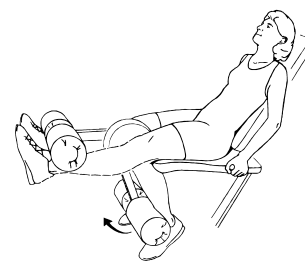
LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)



Press forward until legs are just short of locked knee position.

Do 3 sets. Complete 12-15 repetitions.

LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)

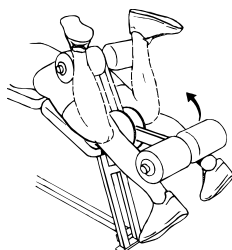


Straighten legs to locked knee position, keeping toes flexed toward knees.

Do 3 sets. Complete 12-15 repetitions.

LEGS: HAMSTRINGS - 3 Leg Curl: Lying (Machine)

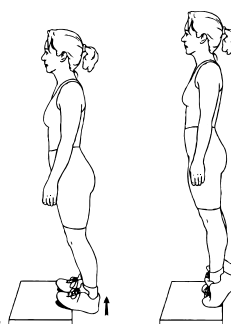
Bring heels as close to buttocks as possible, keeping feet flexed toward knees.



Do 3 sets.  
Complete 12-15 repetitions.

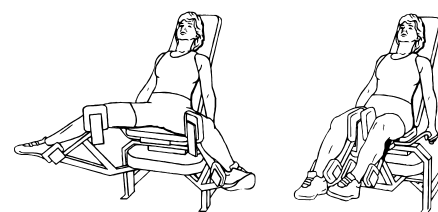
LEGS: CALVES - 1 Heel Raise: Standing

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 3 sets.  
Complete 12-15 repetitions.

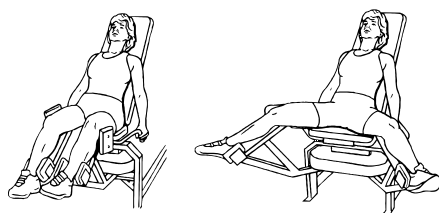
LEGS: GLUTES / THIGHS - 36 Leg Adduction: Sitting (Machine)



Legs separated, move legs together and slowly return to start.

Do 3 sets. Complete 12-15 repetitions.

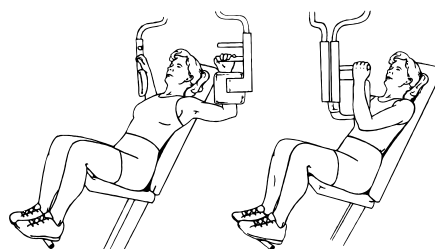
LEGS: GLUTES / THIGHS - 32 Leg Abduction: Sitting (Machine)



Move legs outward and slowly return to start.

Do 3 sets. Complete 12-15 repetitions.

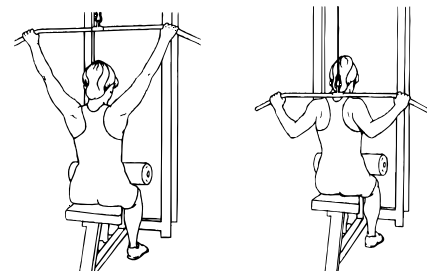
CHEST - 53 Fly: Decline (Machine)



Bring handles together, keeping elbows bent to 90°.

Do 3 sets. Complete 12-15 repetitions.

BACK: LATS - 11 Pull-Down: Wide Grip (Cable)



Pull bar to base of neck.

Do 3 sets. Complete 12-15 repetitions.

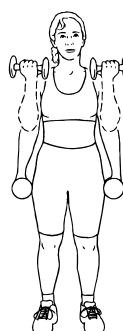
SHOULDERS - 1 Press: Standing (Dumbbell)



Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.

Do 3 sets.  
Complete 12-15 repetitions.

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)



Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.

Do 3 sets.  
Complete 12-15 repetitions.



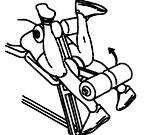
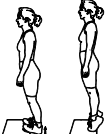


ARMS: TRICEPS - 18 Extension: Standing (Cable)




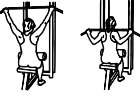



Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do 3 sets.  
Complete 12-15 repetitions.



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