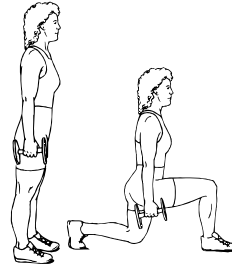


Povećanje mišićne izdržljivosti i tonusa

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 tezinom 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

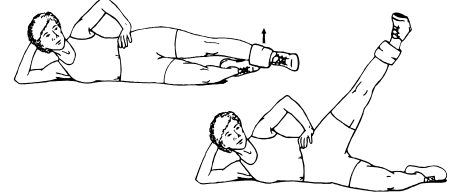
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do ____ sets.
Complete ____ repetitions.

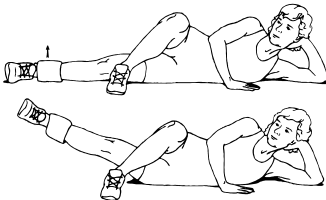
LEGS: GLUTES / THIGHS - 34 Leg Abduction: Single Leg (Ankle Weight)



Top leg weighted and straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do ____ sets. Complete ____ repetitions.

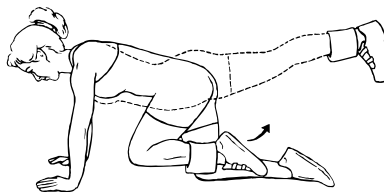
LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg (Ankle Weight)



Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do ____ sets. Complete ____ repetitions.

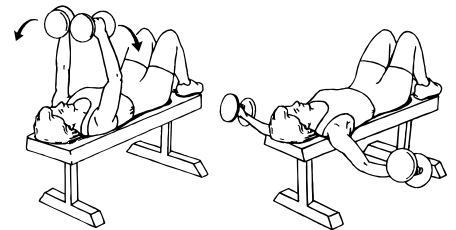
LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do ____ sets. Complete ____ repetitions.

CHEST - 12 Fly (Dumbbell)

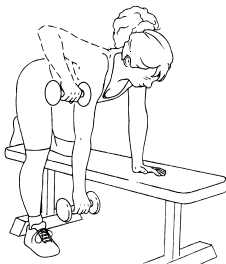


Lower arms until parallel with floor, elbows slightly bent, palms up.

Do ____ sets. Complete ____ repetitions.

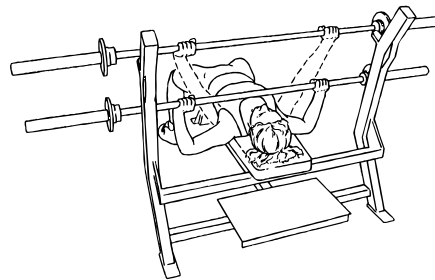
BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest, keeping elbow close to body.



Do ____ sets.
Complete ____ repetitions.

CHEST - 22 Bench Press: Wide Grip (Barbell)

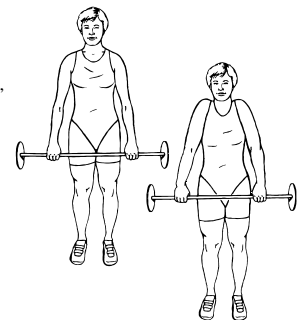


Press to straight arms.

Do ____ sets. Complete ____ repetitions.

BACK: TRAPS - 8 Shrug: Medium Grip (Barbell)

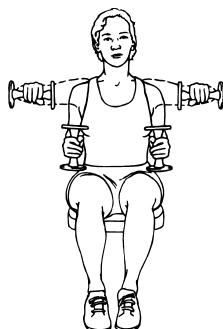
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do ____ sets.
Complete ____ repetitions.

SHOULDERS - 15 Lateral Deltoid Raise: Sitting (Dumbbell)

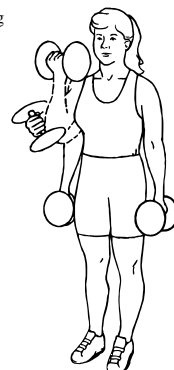
Hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do ____ sets.
Complete ____ repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

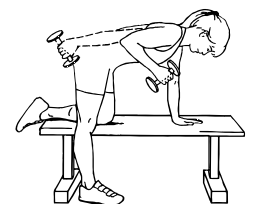
Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



Do ____ sets.
Complete ____ repetitions.

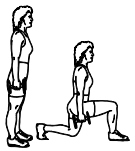

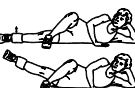



ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

Straighten arm, keeping upper arm in line with body.

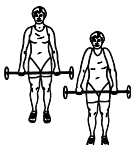


Do ____ sets.
Complete ____ repetitions.



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