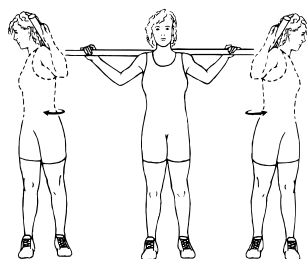


Povećanje mišićne izdržljivosti i tonusa

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 trening 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

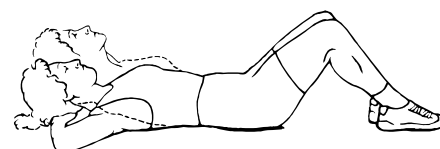
ABS - 39 Trunk Twist



Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.

Do 3 sets. Complete 12-15 repetitions.

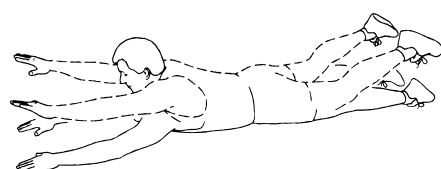
ABS - 9 Crunch: Bent Knee



Arms behind head, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 3 sets. Complete 12-15 repetitions.

BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously.

Do 3 sets. Complete 12-15 repetitions.

ABS - 15 Crunch: Reverse

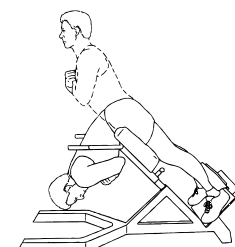


With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do 3 sets. Complete 12-15 repetitions.

BACK: LOW - 10 Extension: Incline

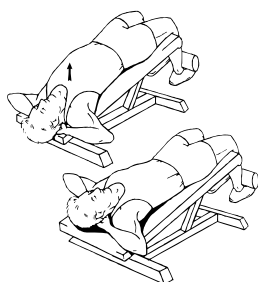
Bent at hips, back straight, hands crossed on chest, raise torso until in line with legs.



Do 3 sets. Complete 12-15 repetitions.

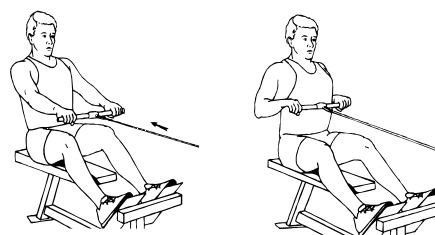
ABS - 23 Crunch: Decline

Tighten abdominals, raise shoulders and upper back toward ceiling, keeping head and neck in line with spine. Keep low and middle back on bench.



Do 3 sets. Complete 15 repetitions.

BACK: LATS - 17 Row (Cable)

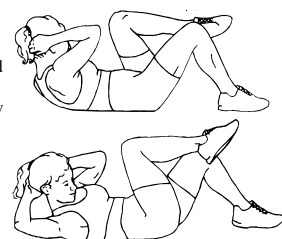


Torso erect, pull bar to lower chest.

Do 3 sets. Complete 12-15 repetitions.

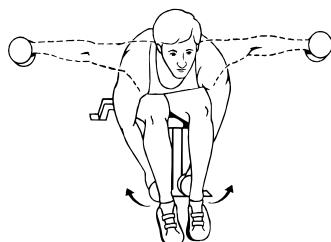
ABS - 17 Crunch: Twist – Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do 3 sets. Complete 12-15 repetitions.

SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)

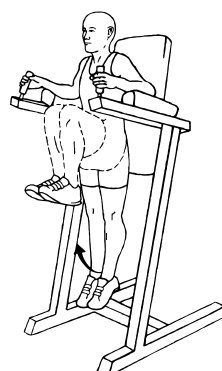


Elbows slightly bent, palms in, raise arms to parallel with floor.

Do 3 sets. Complete 12-15 repetitions.

ABS - 33 Knee Raise

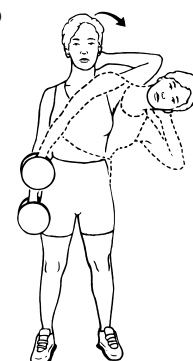
Tighten abdominals and bend legs, pulling knees toward chest.



Do 3 sets. Complete 12-15 repetitions.

ABS - 37 Side Bend (Dumbbell)

Tighten abdominals and bend to side as far as possible.



Do 3 sets. Complete 12-15 repetitions.


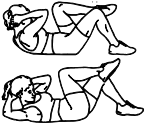





Routine For: Filozofski fakultet studenti/ce
 Created By: Drazen Cular, prof, viši predavac

03-11-2009
 OBLIKOVANJE I TONIZACIJA STOMAKA & TRUPA

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