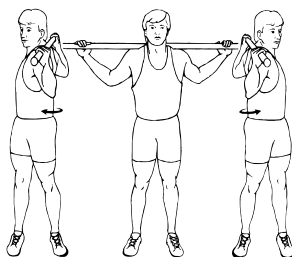


Povećanje mišične izdržljivosti i tonusa

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

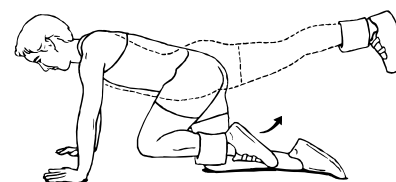
ABS - 39 Trunk Twist



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.

LEGS: GLUTES / THIGHS - 1 Kick Back

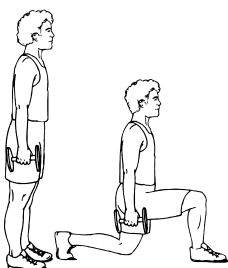


Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do 3 sets. Complete 12-15 repetitions.

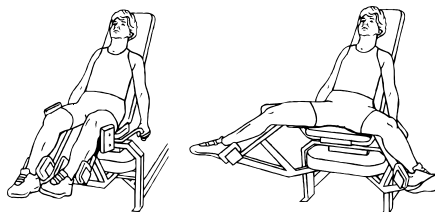
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

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



Do 3 sets.
Complete 12-15 repetitions.

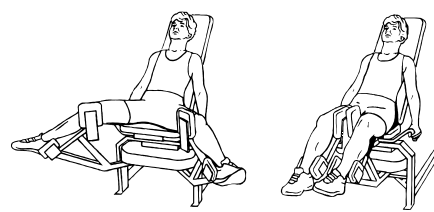
LEGS: GLUTES / THIGHS - 32 Leg Abduction: Sitting (Machine)



Move legs outward and slowly return to start.

Do 3 sets. Complete 12-15 repetitions.

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

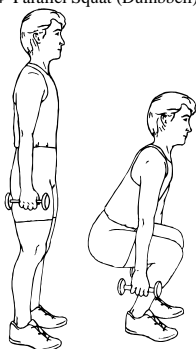


Legs separated, move legs together and slowly return to start.

Do 3 sets. Complete 12-15 repetitions.

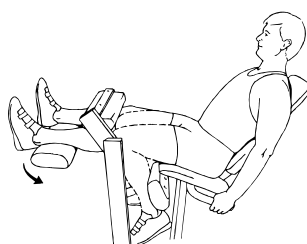
LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 3 sets.
Complete 12-15 repetitions.

LEGS: HAMSTRINGS - 5 Leg Curl: Sitting (Machine)

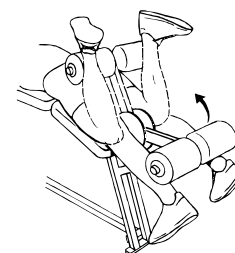


Bring heels as close to buttocks as possible keeping feet flexed toward knees.

Do 3 sets. Complete 12-15 repetitions.

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

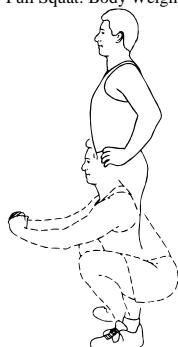
Bring heels as close to buttocks as possible, keeping feet flexed toward knees.



Do 3 sets.
Complete 12-15 repetitions.

LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.

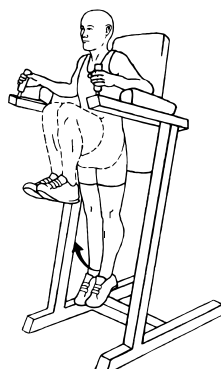


Do 3 sets.
Complete 12-15 repetitions.

ABS - 33 Knee Raise

Tighten abdominals and bend legs, pulling knees toward chest.

Do 3 sets.
Complete 12-15 repetitions.



LEGS: GLUTES / THIGHS - 2 Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 15 seconds.


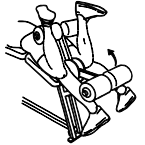



Do 3 sets.
Complete repetitions.





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