

APLIKACIJA ZA FITNESS

MENTOR: Matevž Dolenc

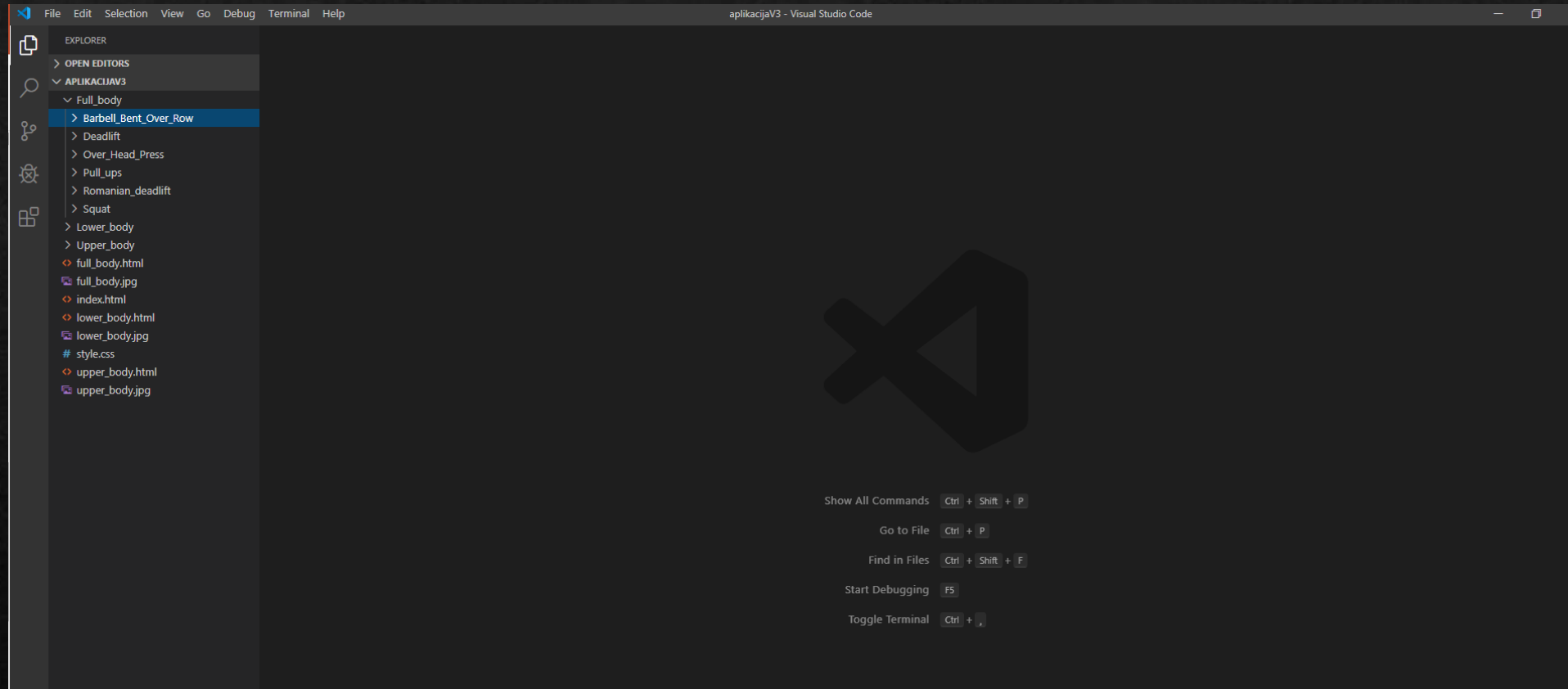
AVTOR: Štimac Josip

Začetna ideja:

-Zberemo en del telesa (lahko tudi celo telo) in dobimo različne vaje in način izvajanja vaj.



Izdelava



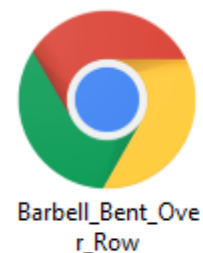
Visual Studio Code

Izgled aplikacije:

Full_body
Lower_body
Upper_body
full_body
full_body
index
lower_body
lower_body
style
upper_body
upper_body



Barbell_Bent_Over_Row
Deadlift
Over_Head_Press
Pull_ups
Romanian_deadlift
Squat



Barbell_Bent_Ove
r_Row



bbr2



br1

FileEditSelectionViewGoDebugTerminalHelp

Barbell_Bent_Over_Row.html - aplikacijaV3 - Visual Studio Code

EXPLORER

APLIKACIJAV3

Full_body

Barbell_Bent_Over_Row

Barbell_Bent_Over_Row.html

bbr2.jpg

br1.gif

Deadlift

Over_Head_Press

Pull_ups

Romanian_deadlift

Squat

Lower_body

Upper_body

full_body.html

full_body.jpg

index.html

lower_body.html

lower_body.jpg

style.css

upper_body.html

upper_body.jpg

Barbell_Bent_Over_Row.html

Full_body > Barbell_Bent_Over_Row > Barbell_Bent_Over_Row.html > ...

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Lower body

<li class="nav-item">

Full body

</div>

</nav>

<div class="container">

<div class="row">

<div class="col workout_image" style="background-image: url('bbr2.jpg');"></div>

<div class="col">

<h1>-Barbell Bent Over Row-</h1>

<p>

A barbell bent-over row is a weight training exercise that targets a variety of back muscles. Which ones are targeted varies on form. The bent over row is often use

</p>

</div>

</div>

<div class="row" style="margin-top: 40px;">

<div class="col workout_image" style="background-image: url('br1.gif');"></div>

<div class="col">

<h1>-How to-</h1>

<p>

Holding a barbell with a pronated grip (palms facing down), bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back s

Now, while keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At

Then inhale and slowly lower the barbell back to the starting position.

Repeat for the recommended amount of repetitions.

</p>

</div>

</div>

</div>

<!-- Optional JavaScript -->

<!-- jQuery first, then Popper.js, then Bootstrap JS -->

<script src="https://code.jquery.com/jquery-3.4.1.slim.min.js" integrity="sha384-J6qa4849b1E2+poT4WnyKhv5vZF5SrPo0iEjwBvKU7imGFAV0wwj1yYfoRStJoZ+n" crossorigin="anonymous"></script>

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<script src="https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/js/bootstrap.min.js" integrity="sha384-wfSDF2E50Y2D1uUdj003uMBJnjuUD4Ih7YwaYd1iqfktj0Uod8GCExl30g8ifwB6" crossorigin="



Bench press

Incline dumbbell fly

Hammer Curls

Chin Ups



-Bench Press-

The bench press is an upper body weight training exercise in which the trainee presses a weight upwards while lying on a weight training bench. The exercise uses the pectoralis major, the anterior deltoids, and the triceps, among other stabilizing muscles. A barbell is generally used to hold the weight, but a pair of dumbbells can also be used.

The dumbbell bench press is one of three lifts in the sport of powerlifting alongside the deadlift and squat, and is the only lift in the sport of Paralympic powerlifting. It is also used extensively in weight training, bodybuilding, and other types of training to develop the chest muscles.



-How to-

Lie back on a flat bench holding a barbell in the rack above you with a shoulder width, overhand grip.

Drive your feet into the floor to contract your quads and glutes, and clamp back your shoulder blades to shorten the weight's path of travel. This increases neural drive to your chest, delts and triceps.

From the starting position, breathe in and lower the bar slowly until it skins the middle of your chest.

Focus your mind on activating your chest muscles and push the bar back to the starting position explosively as you exhale out. That's one rep.

HVALA ZA PAŽNJO!