

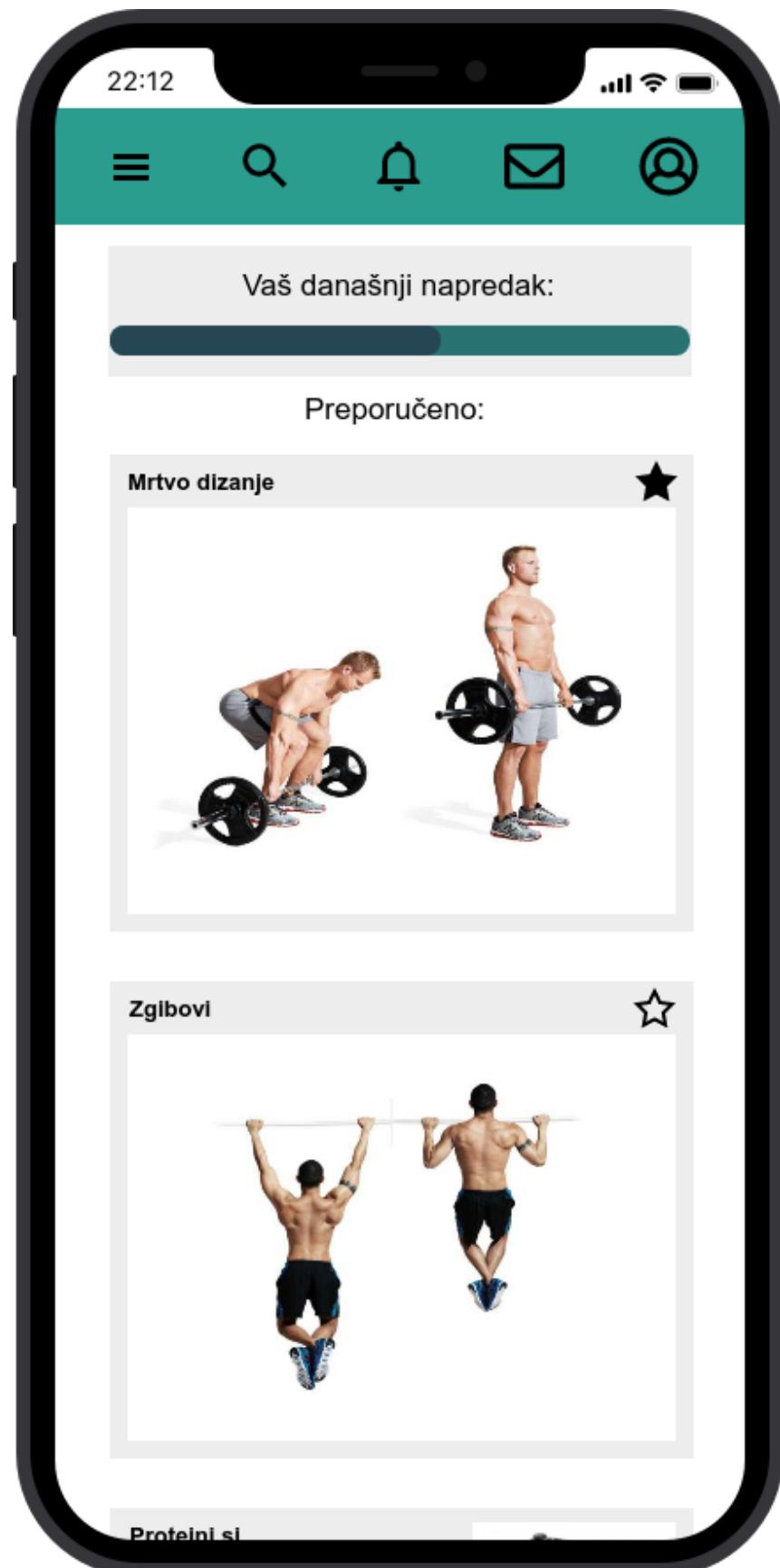
G7_Tim3

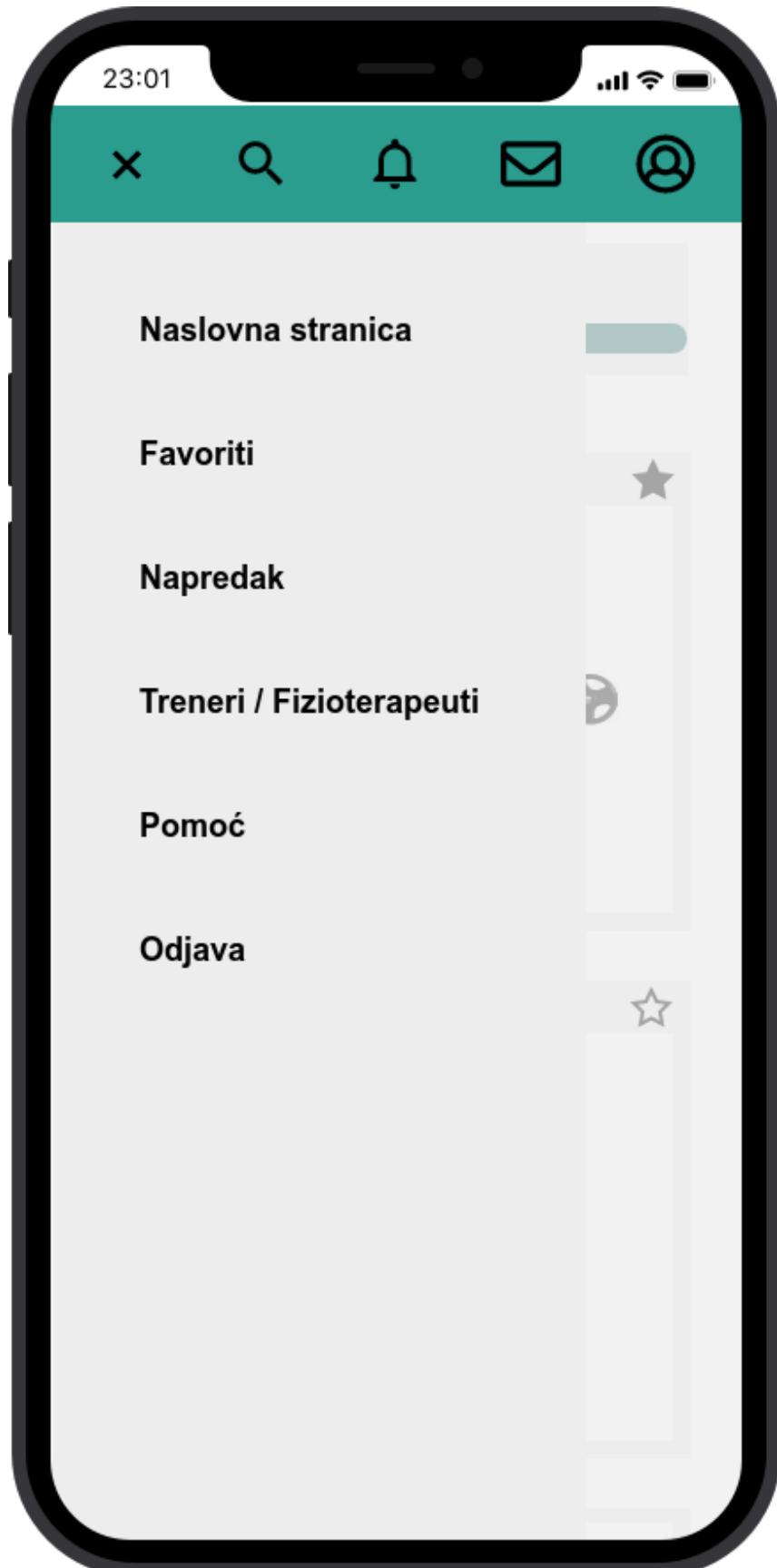
Renata Mekovec

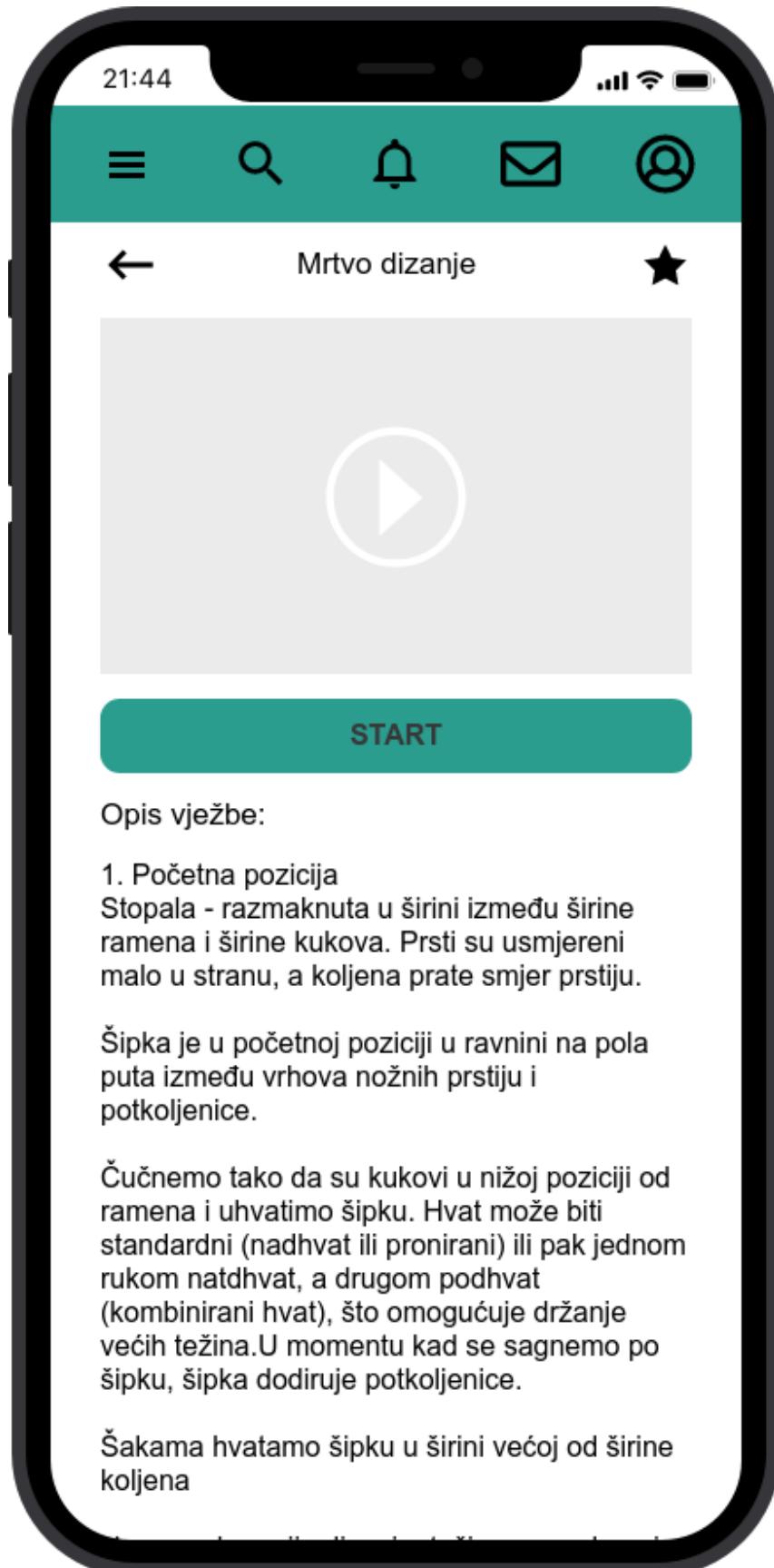


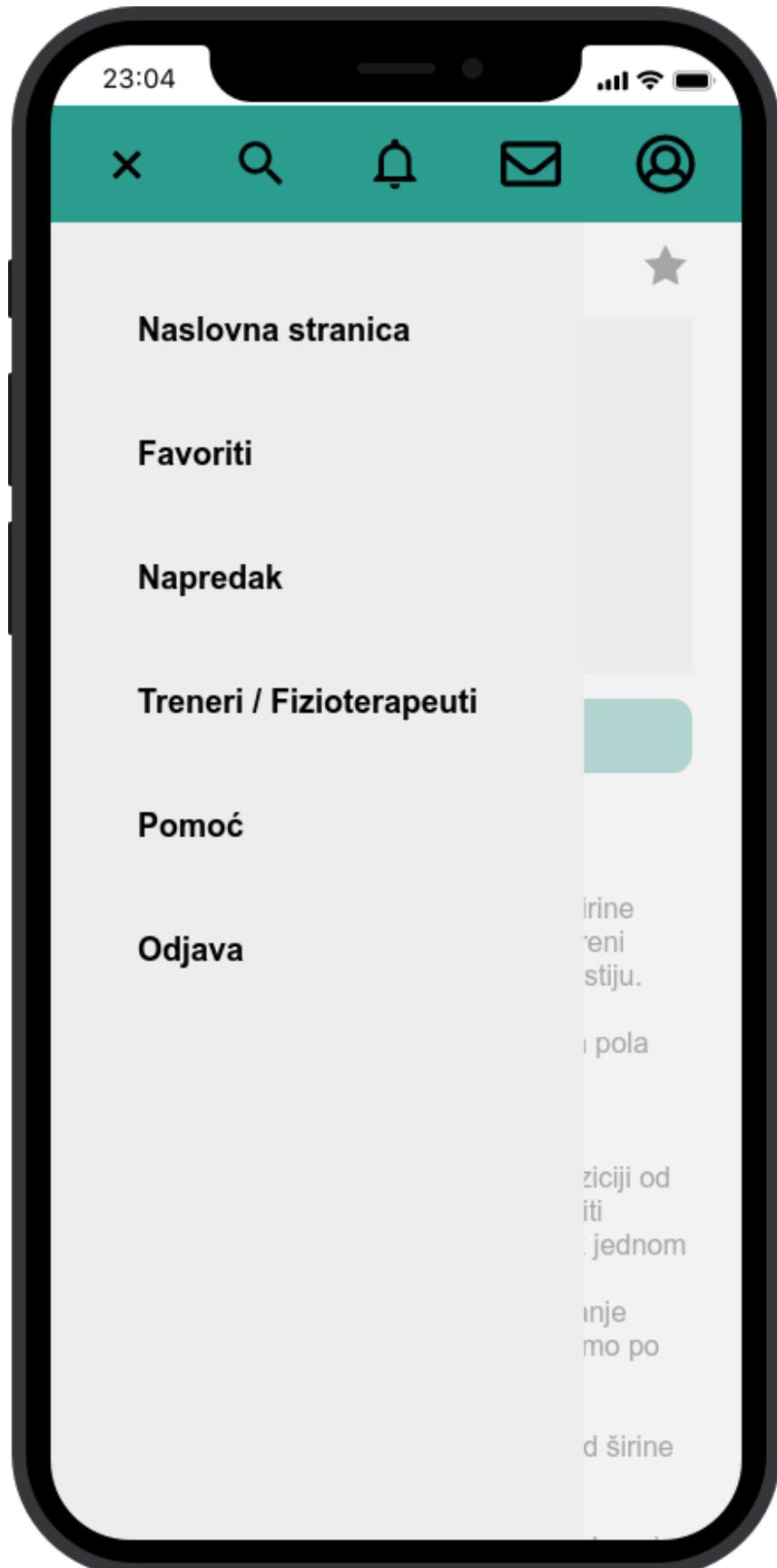
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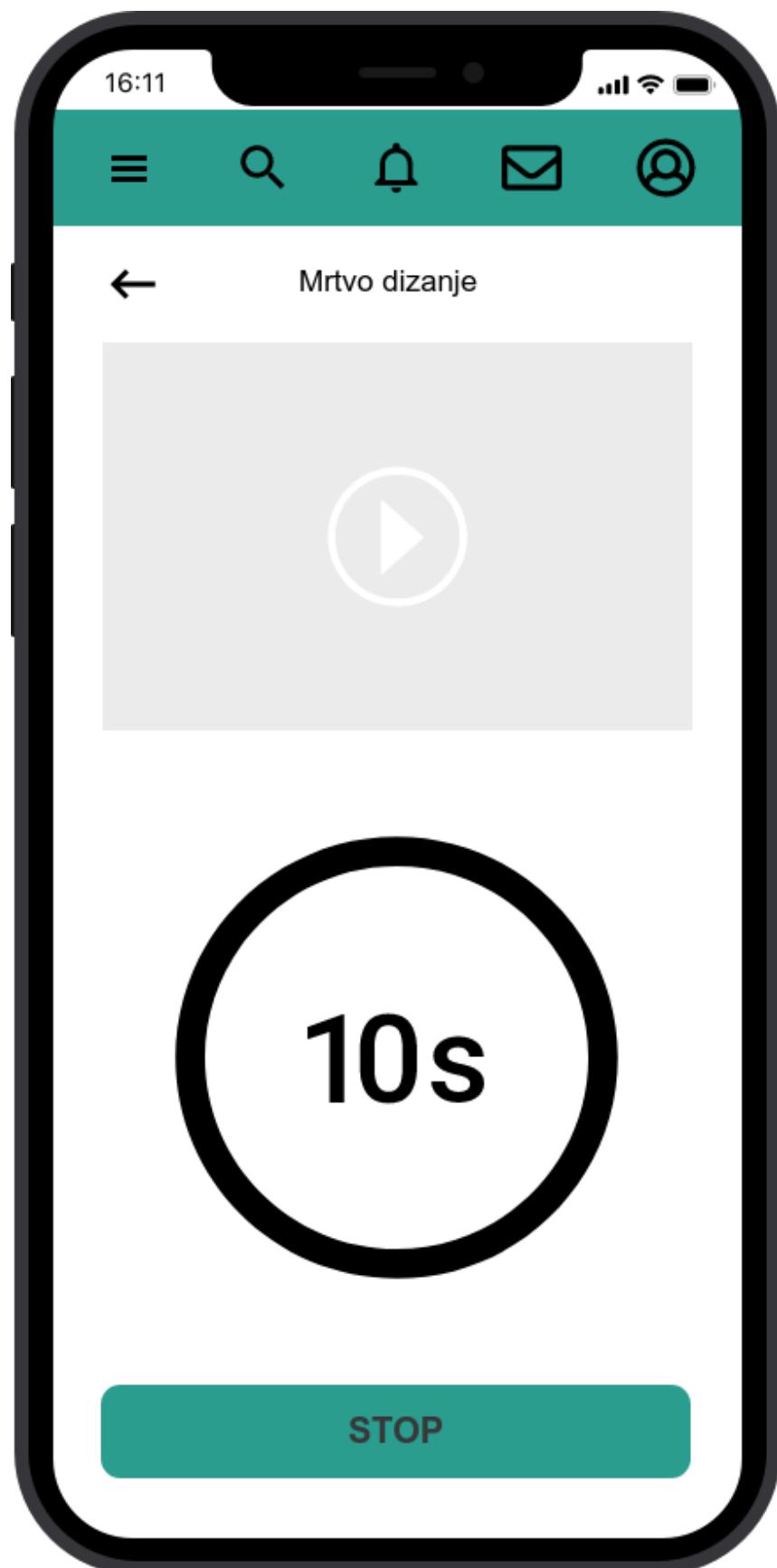
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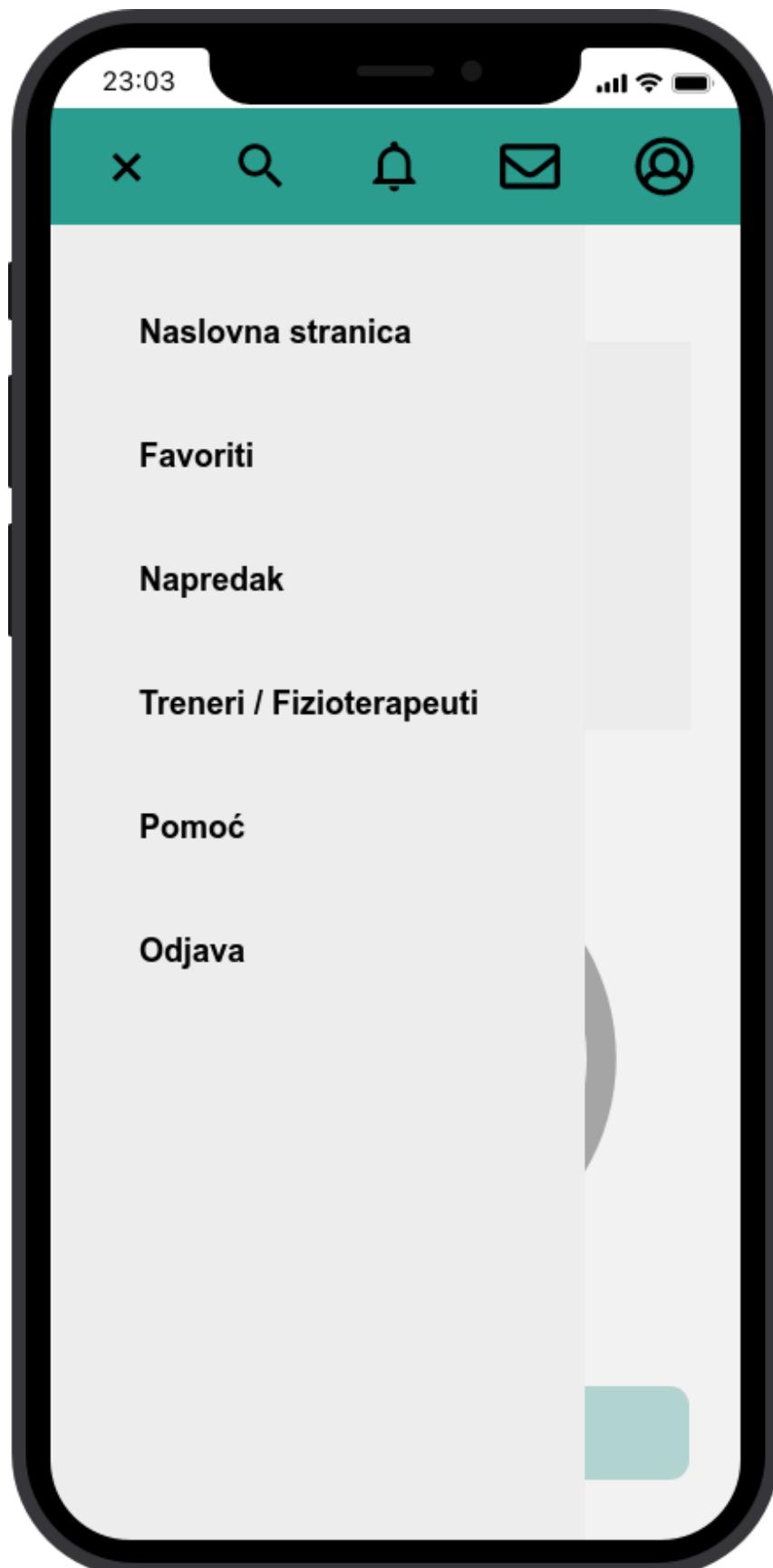


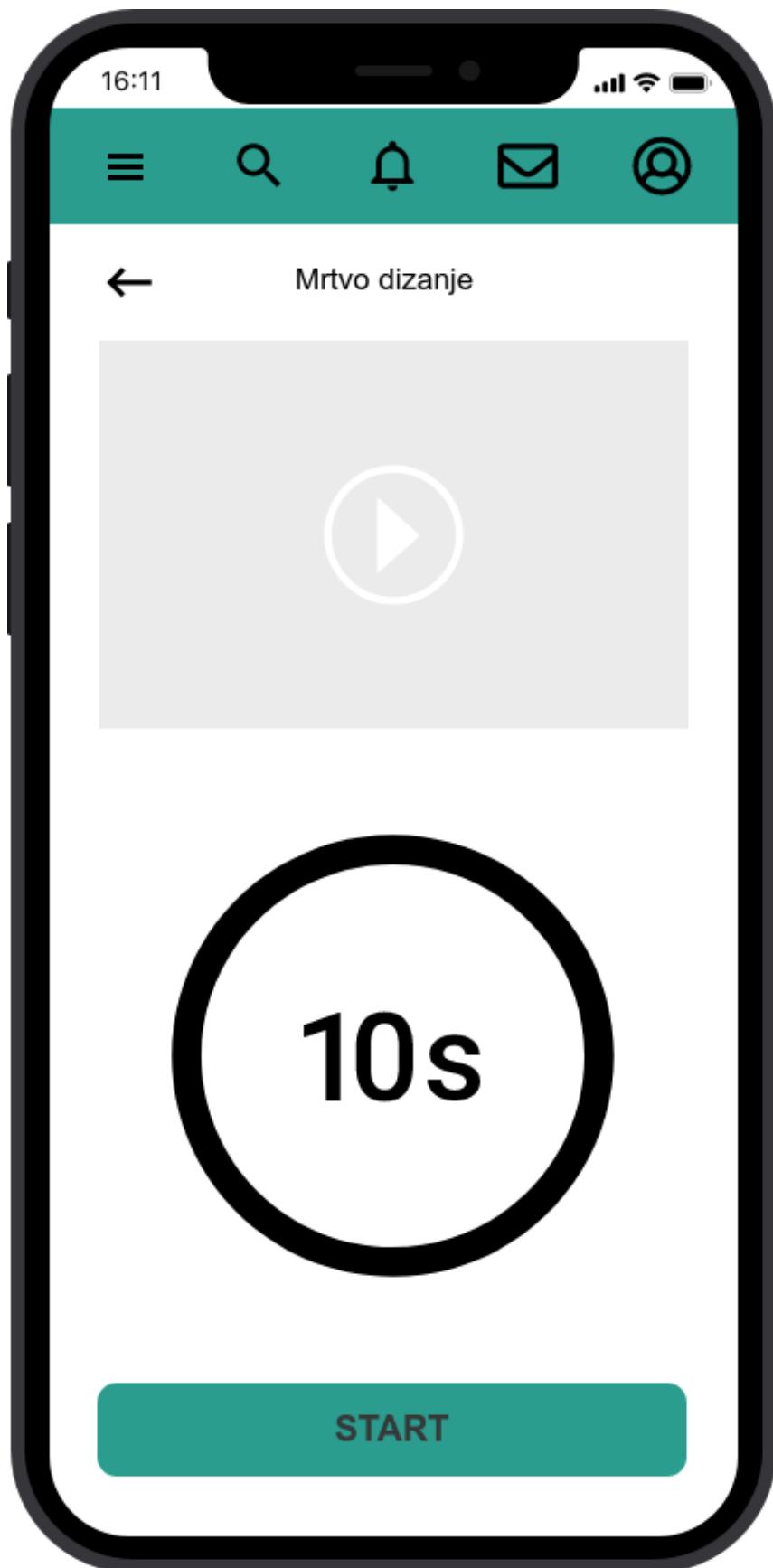


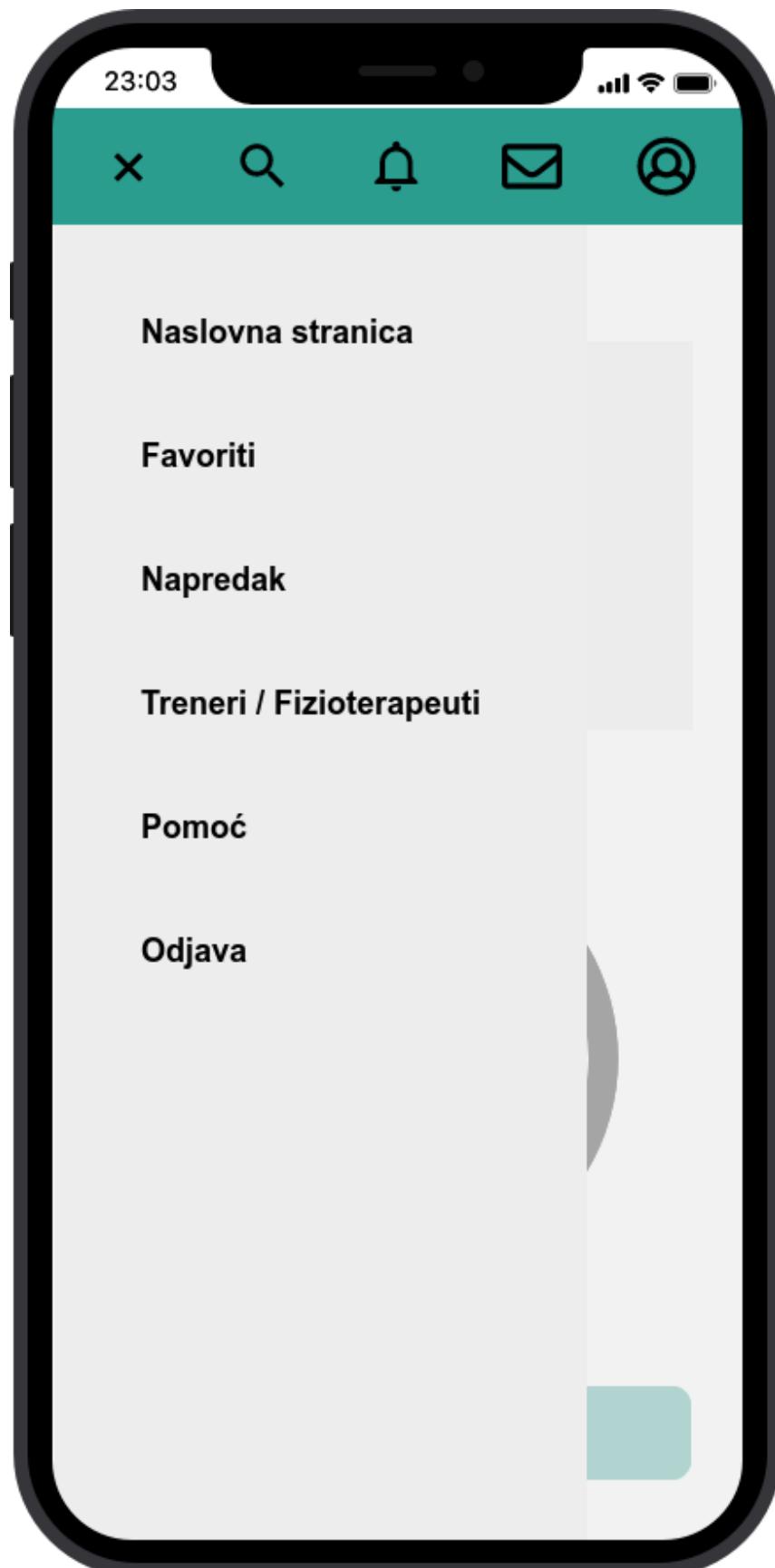


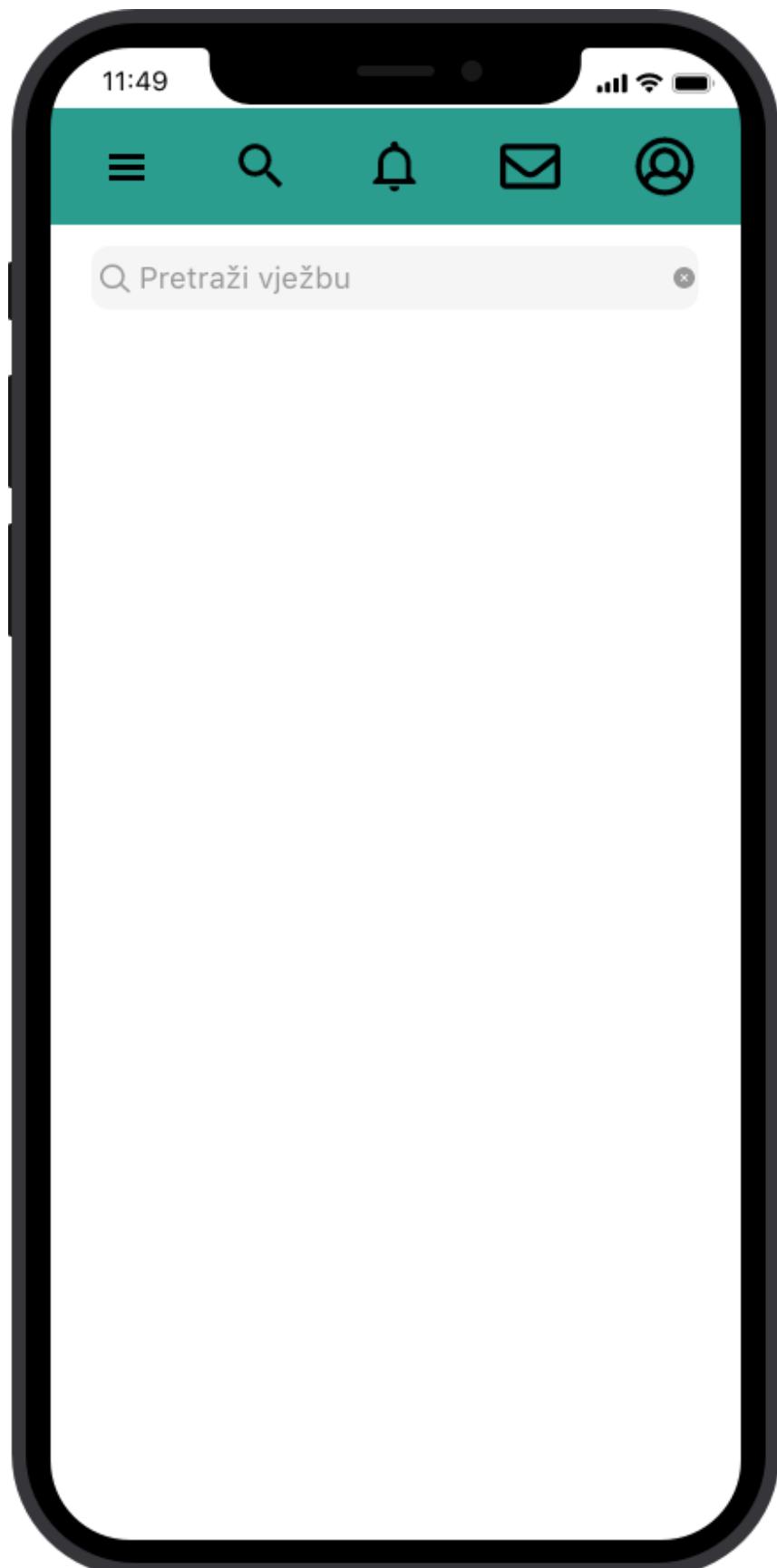


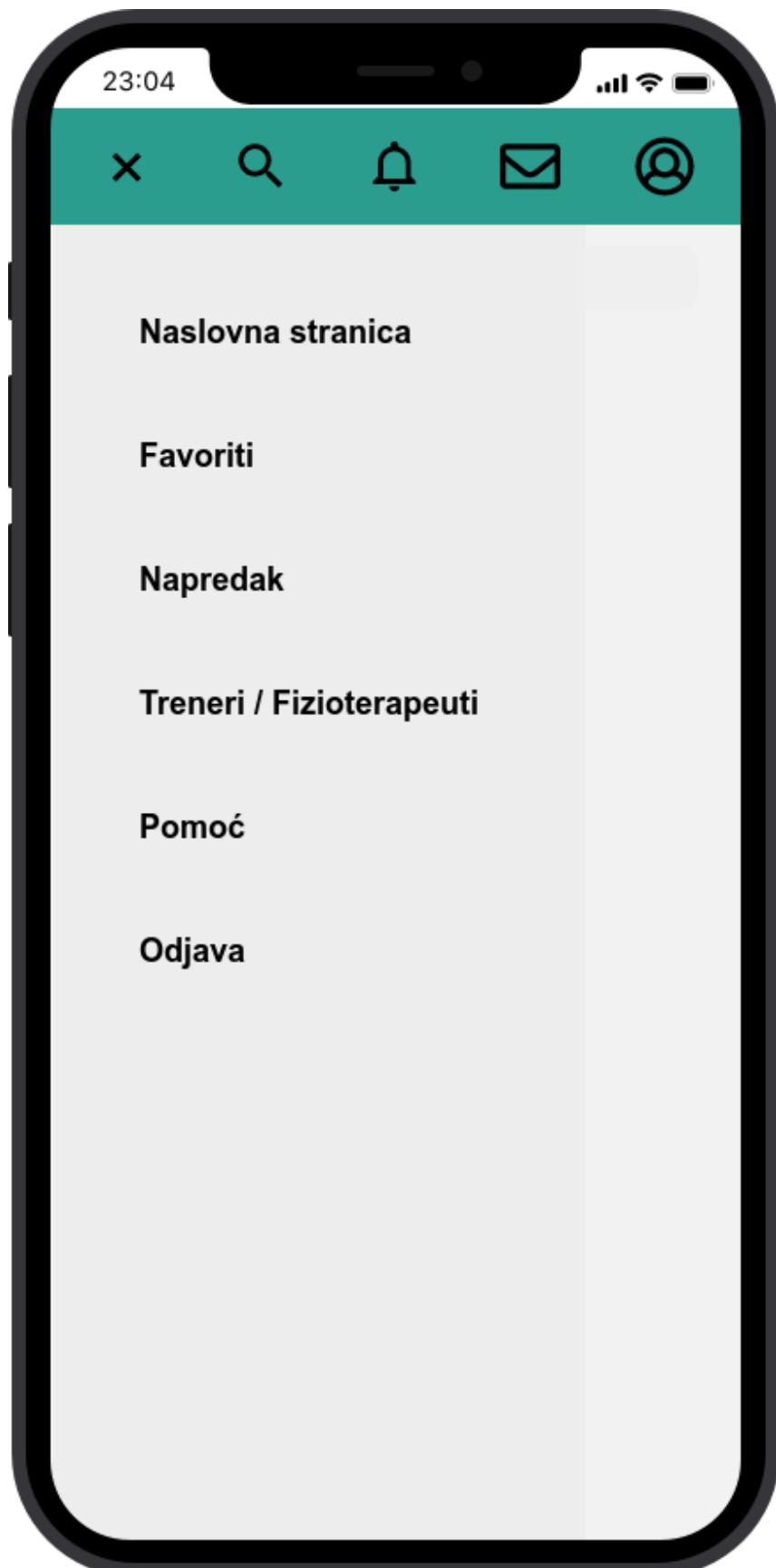


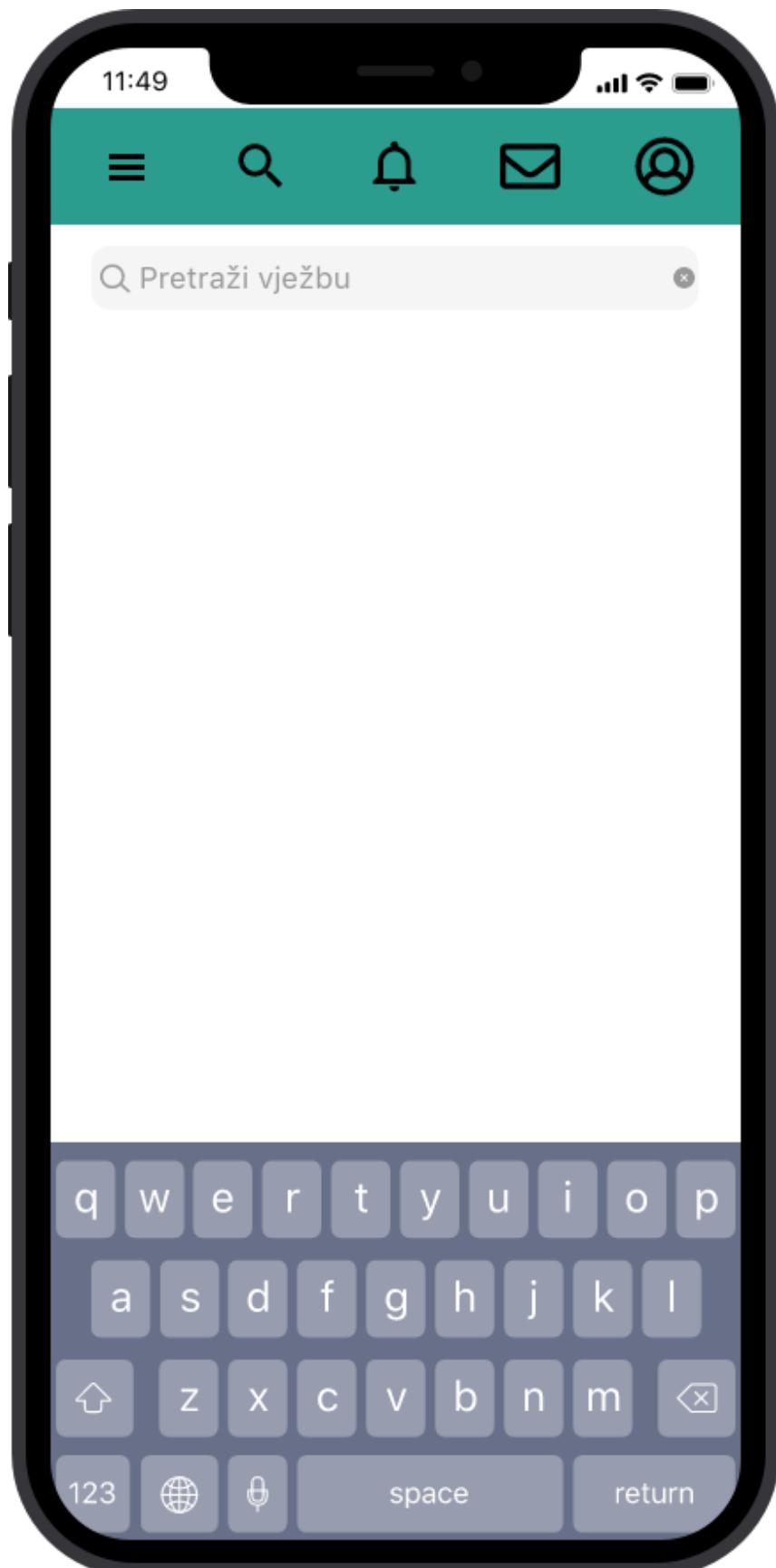


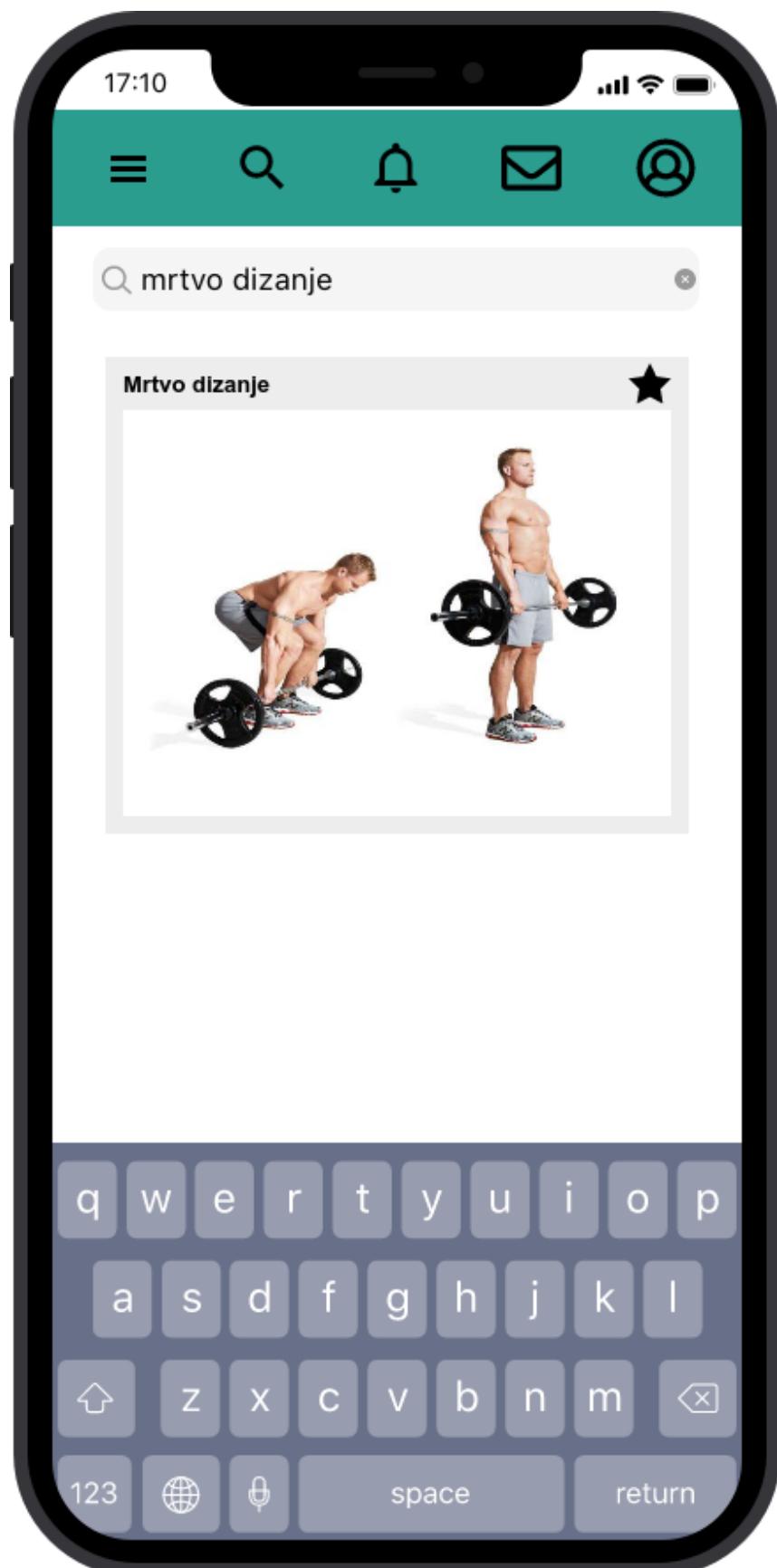


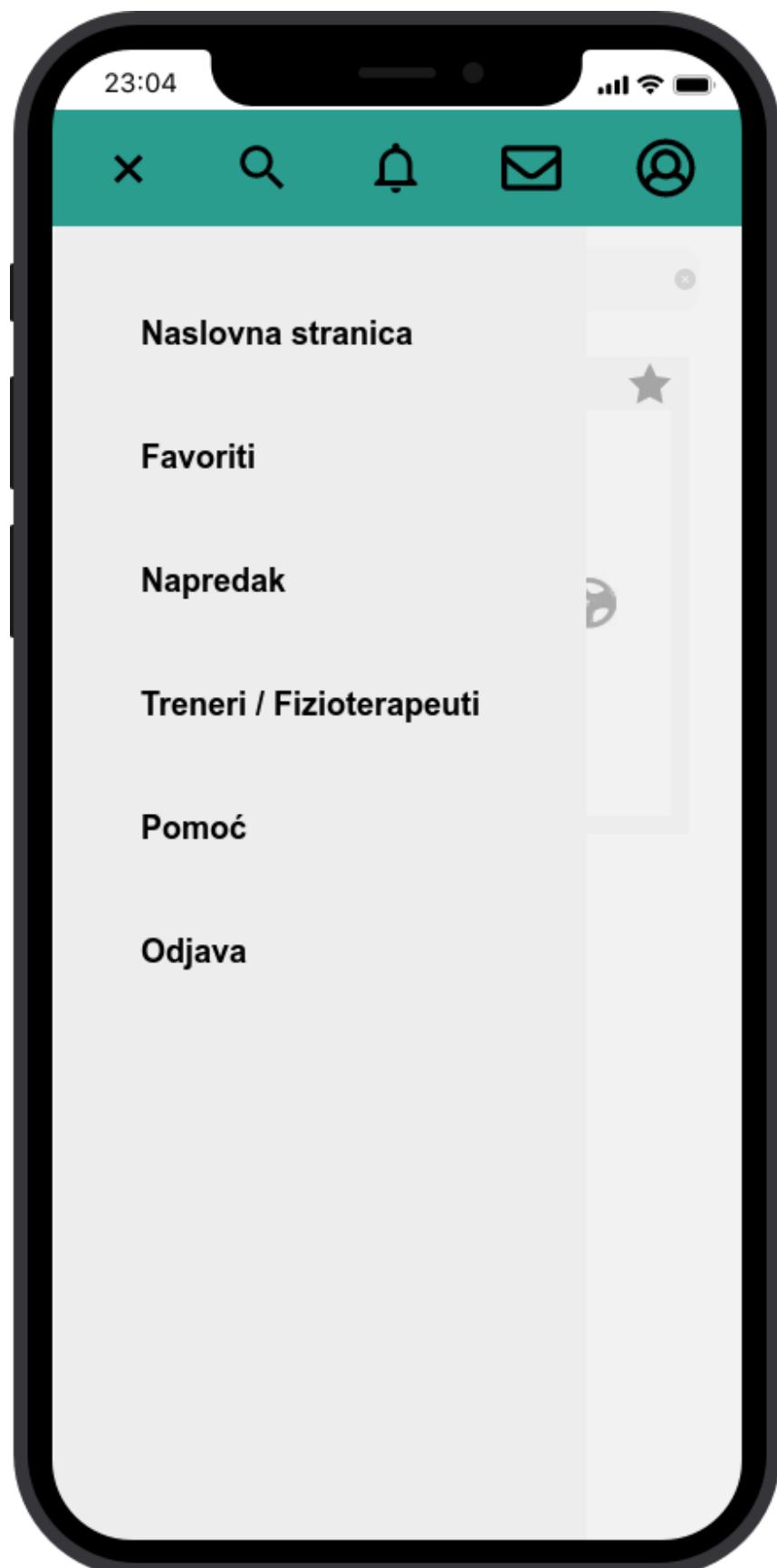


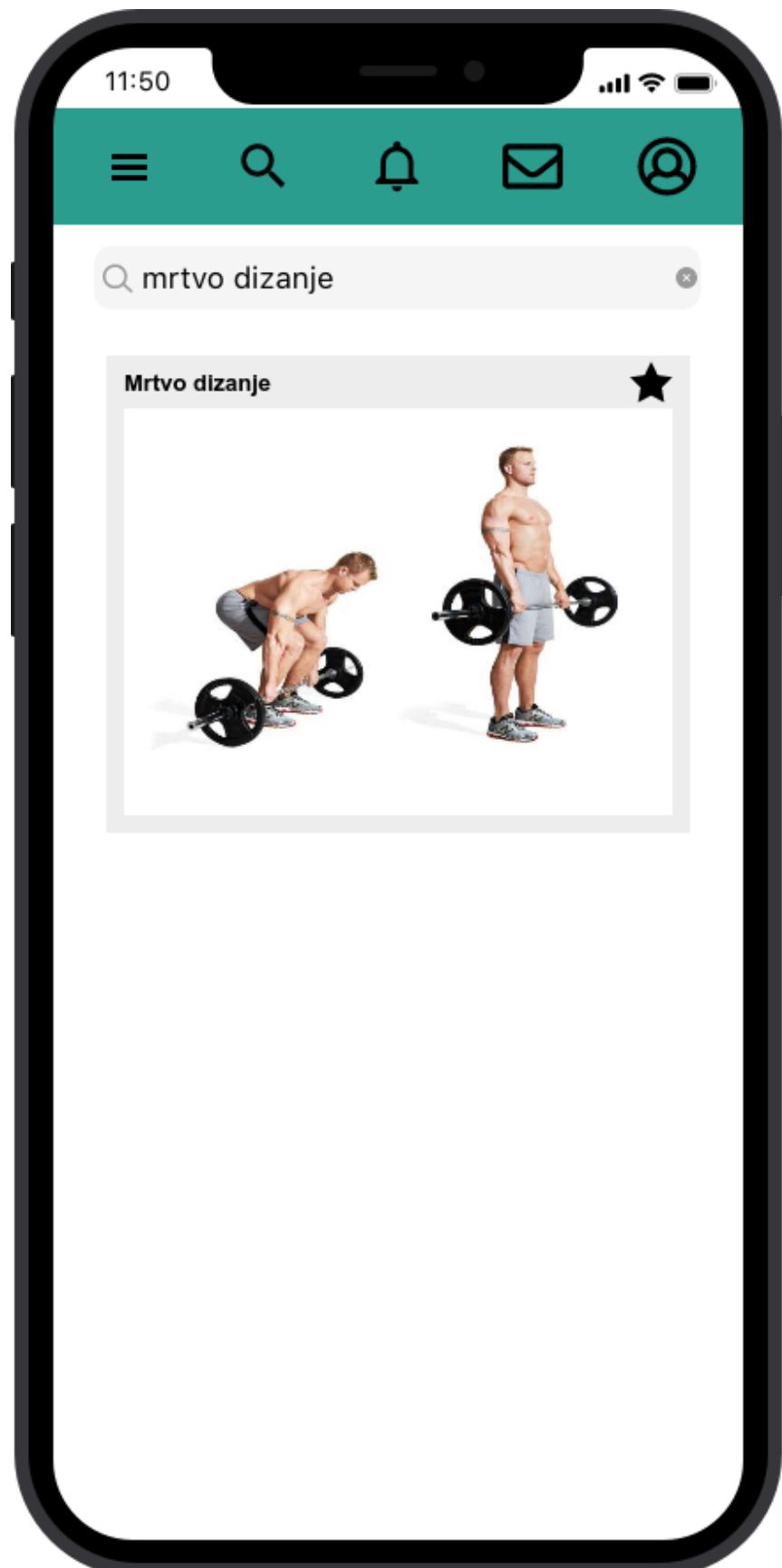




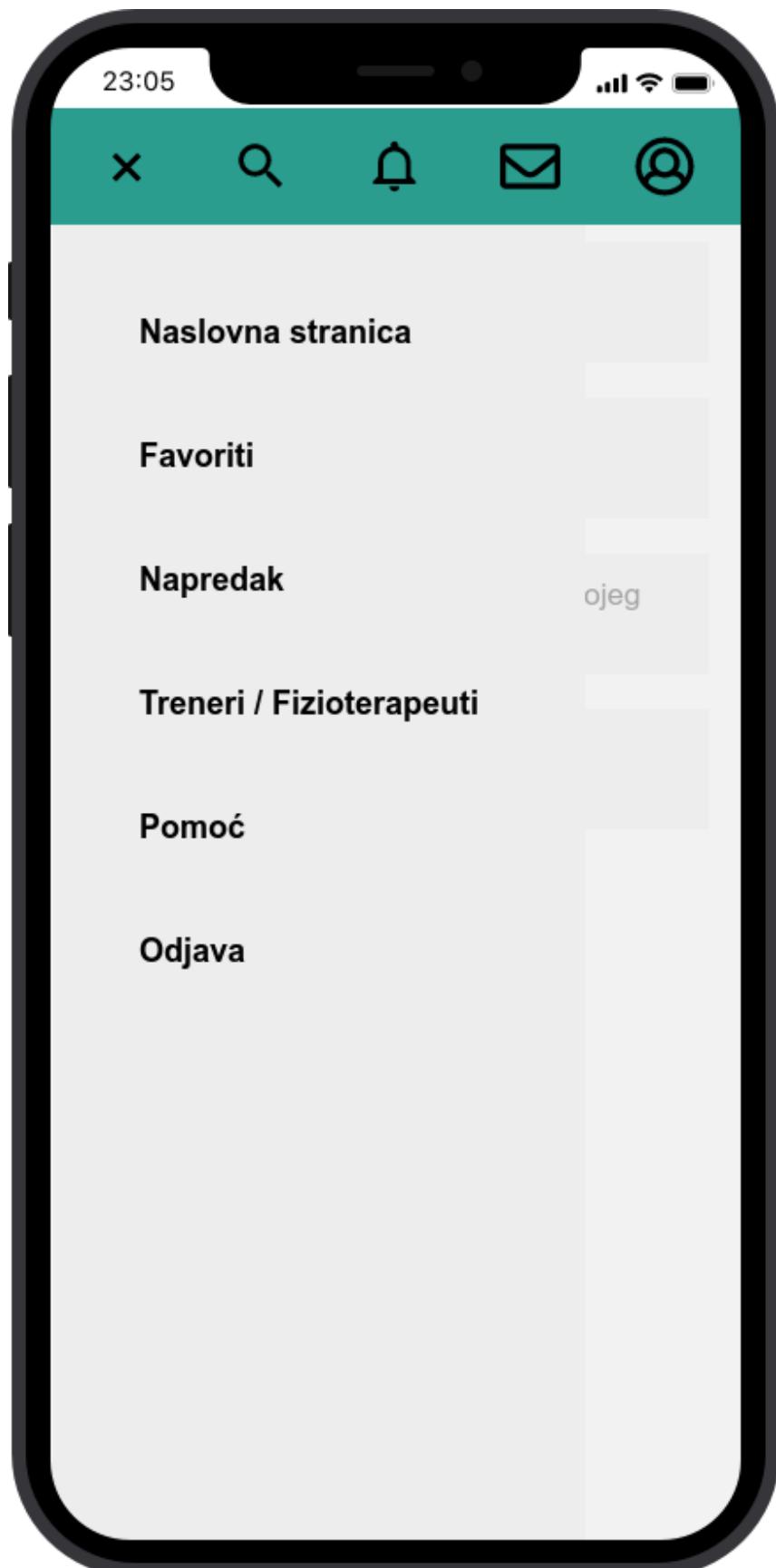


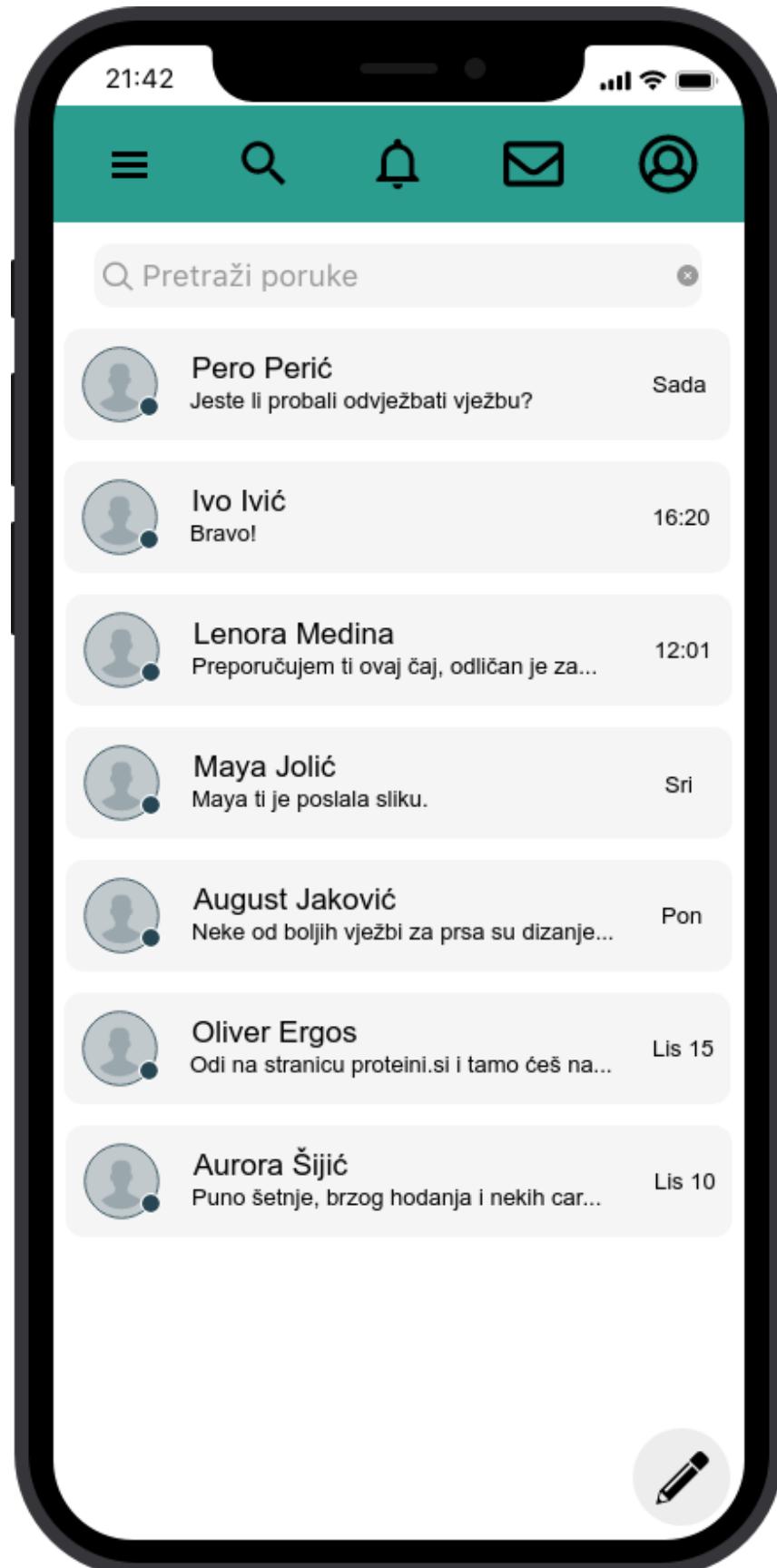


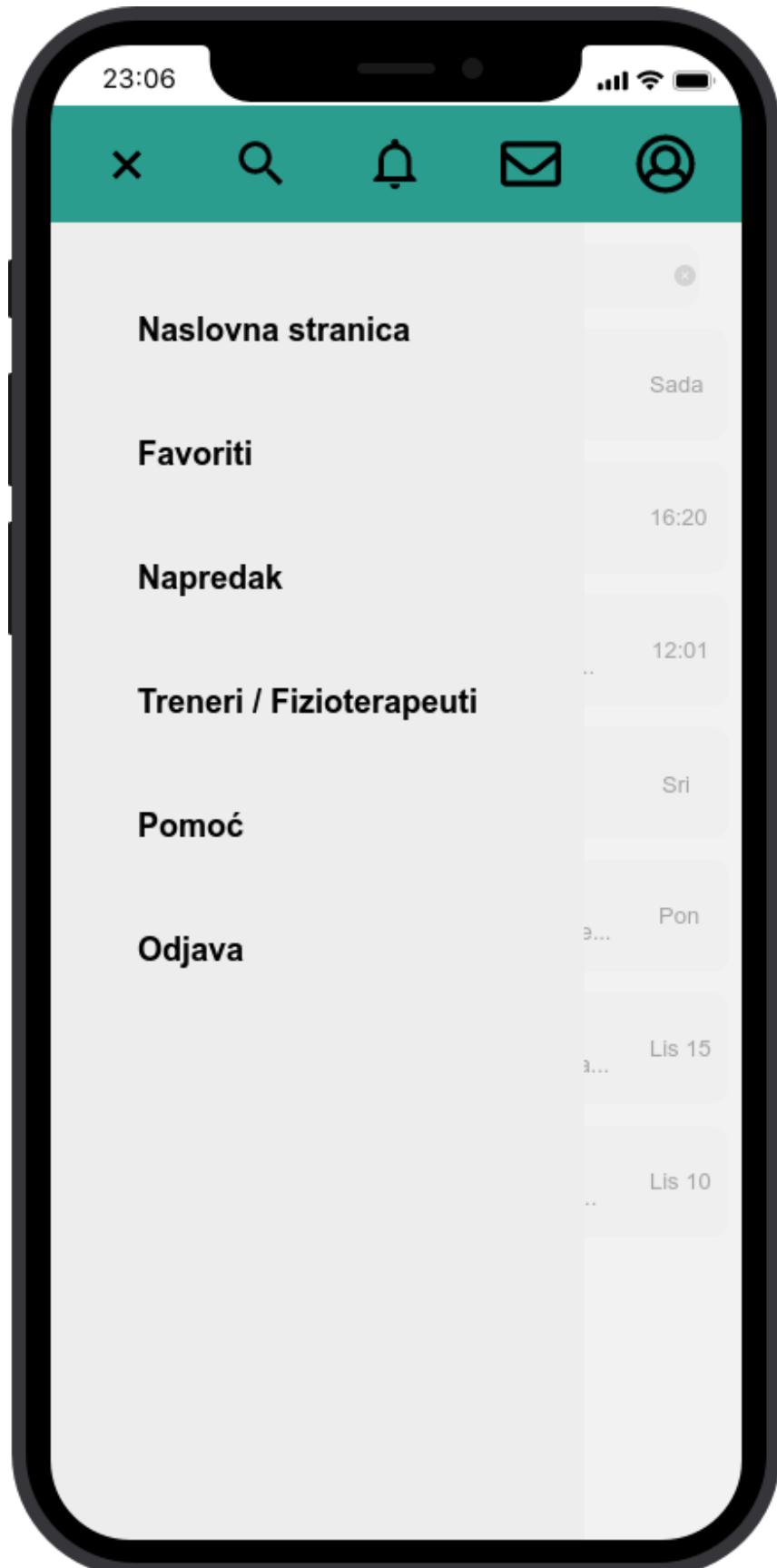




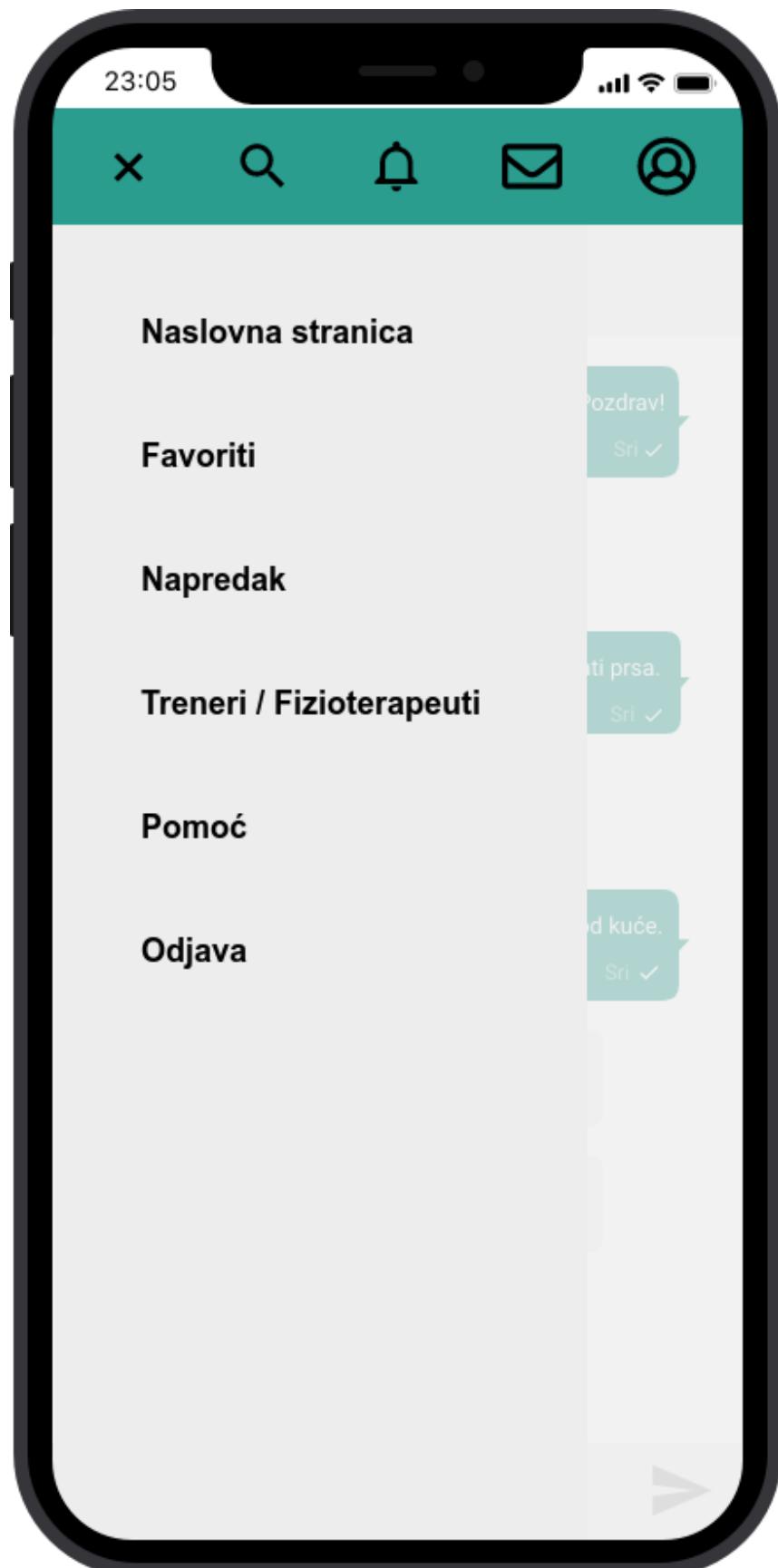


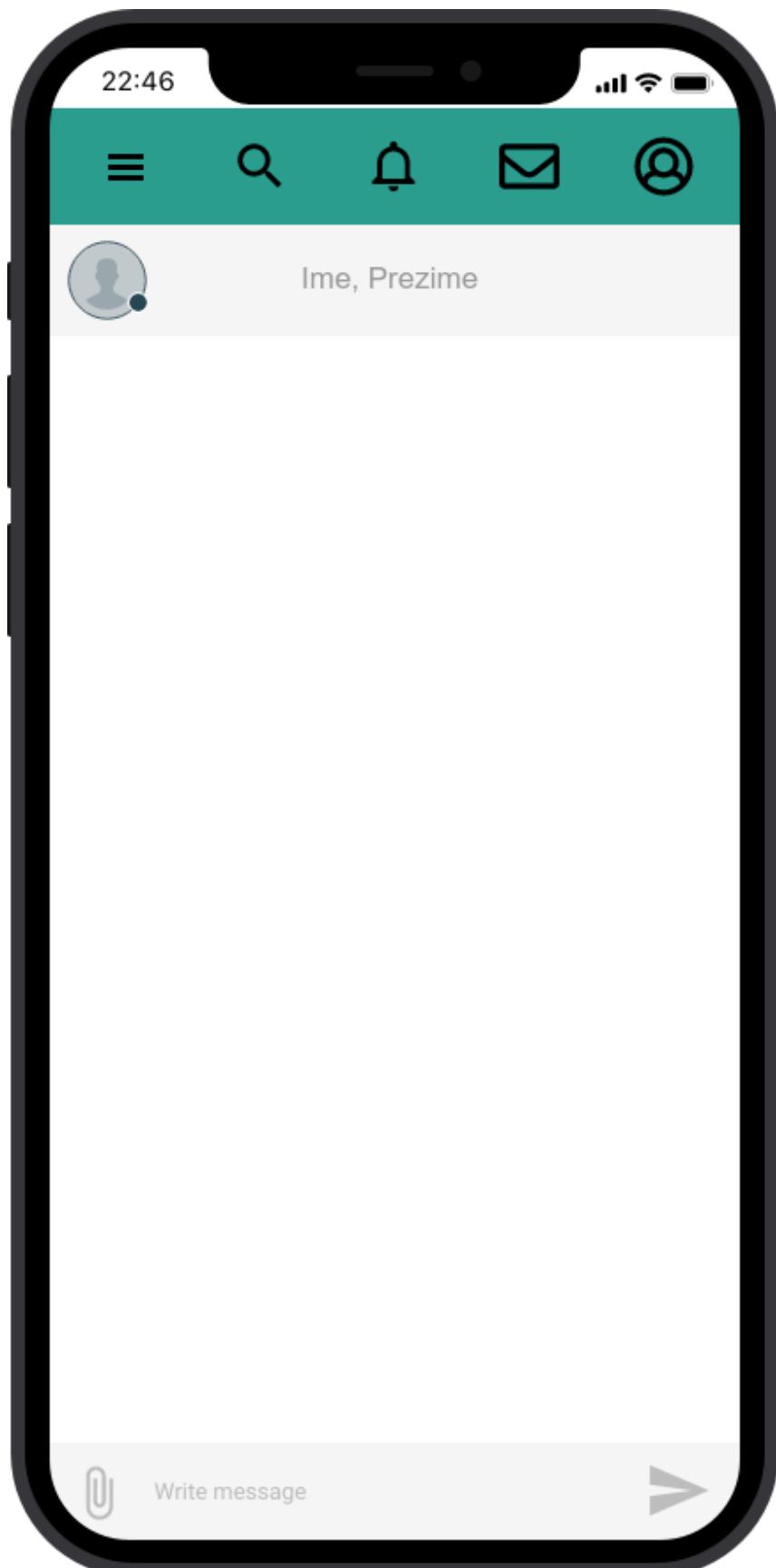


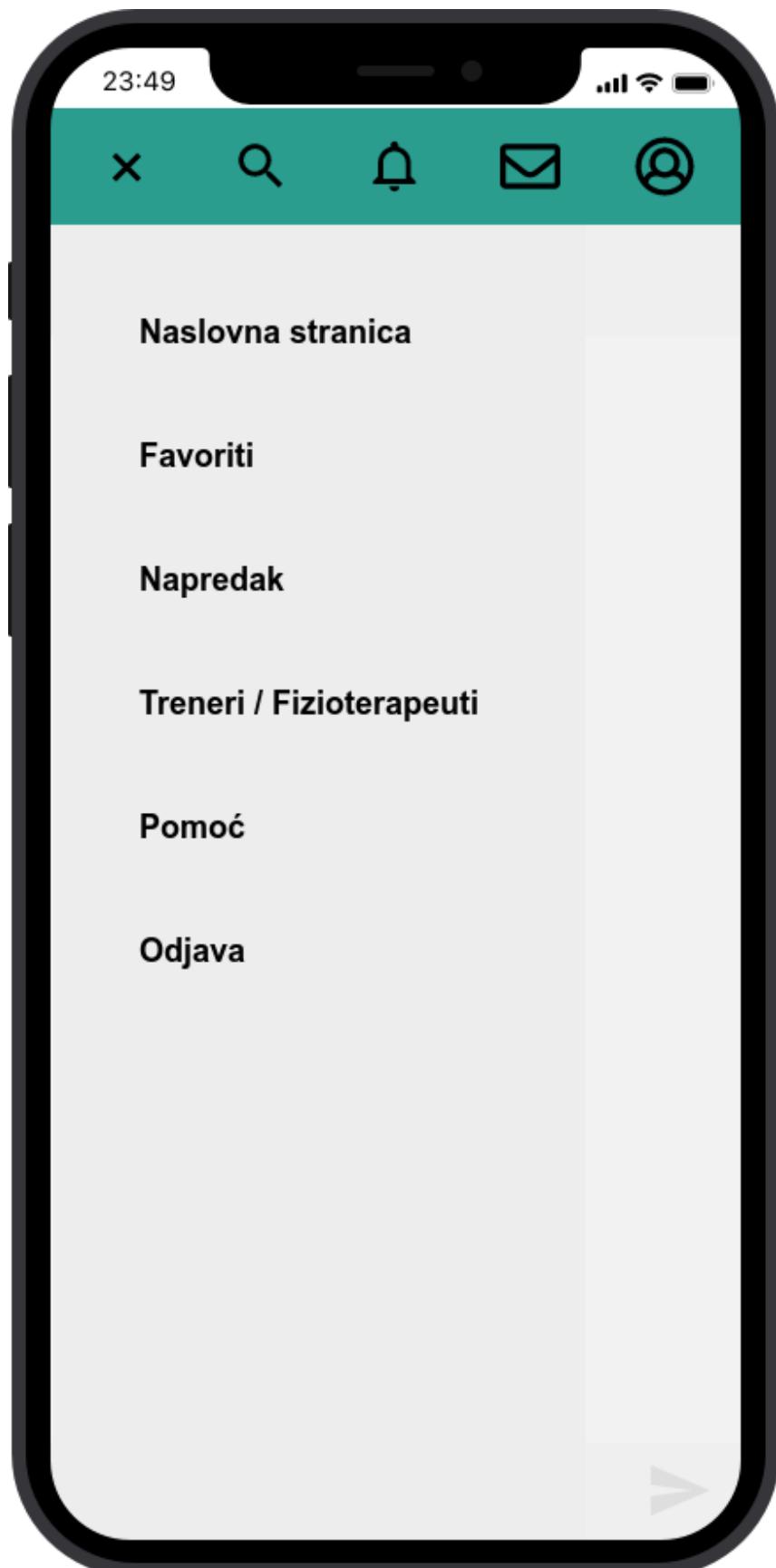


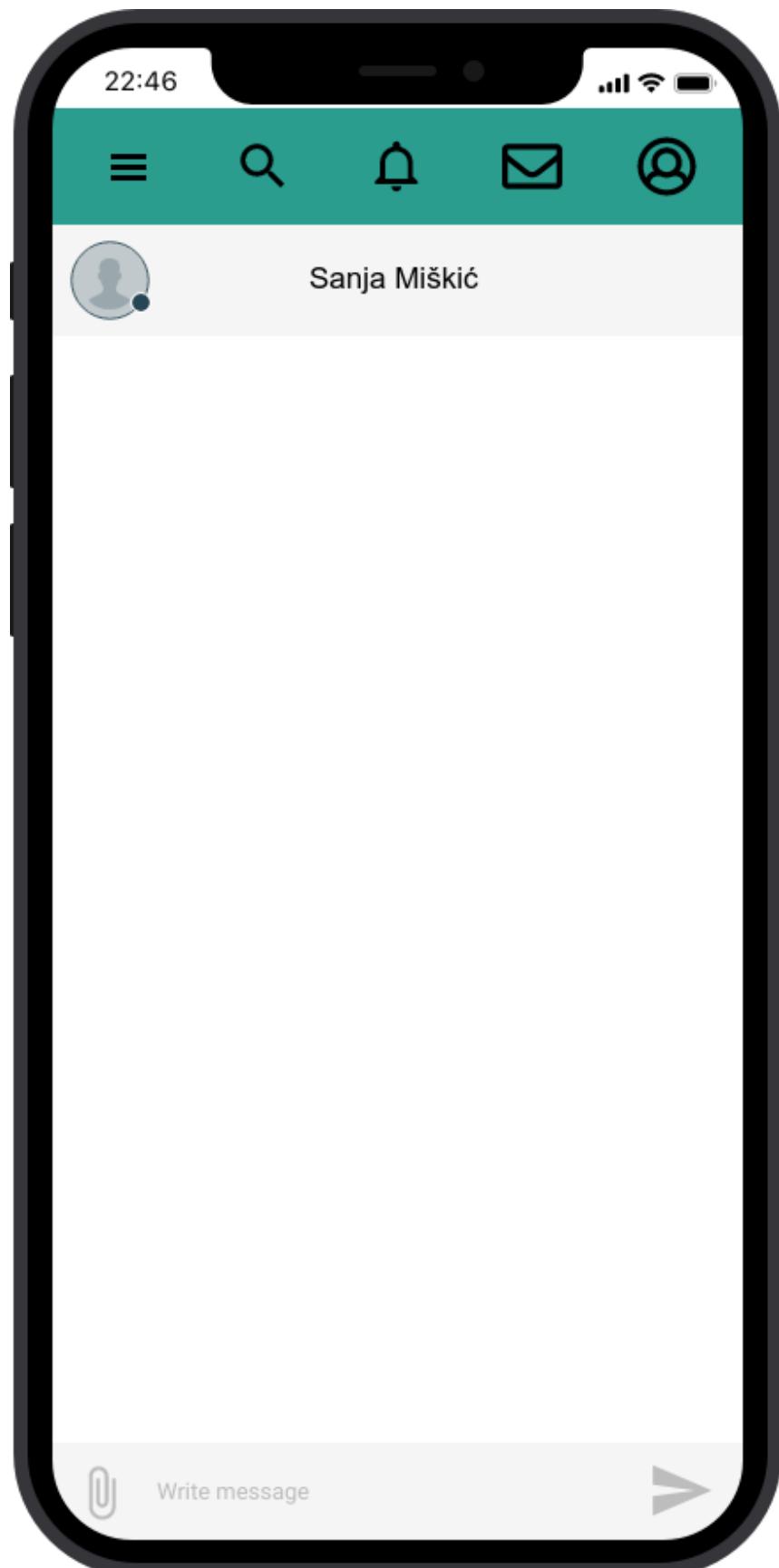


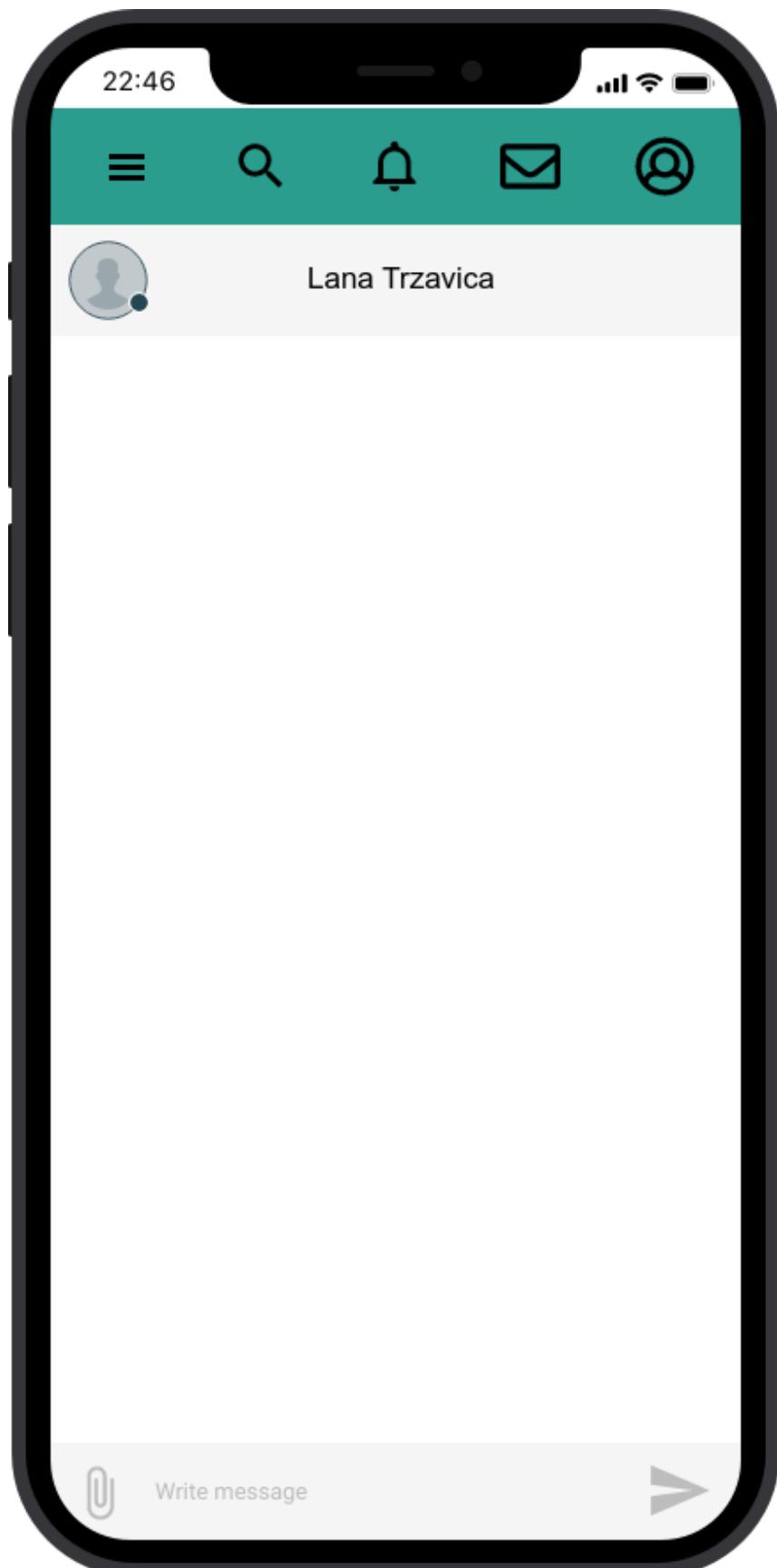


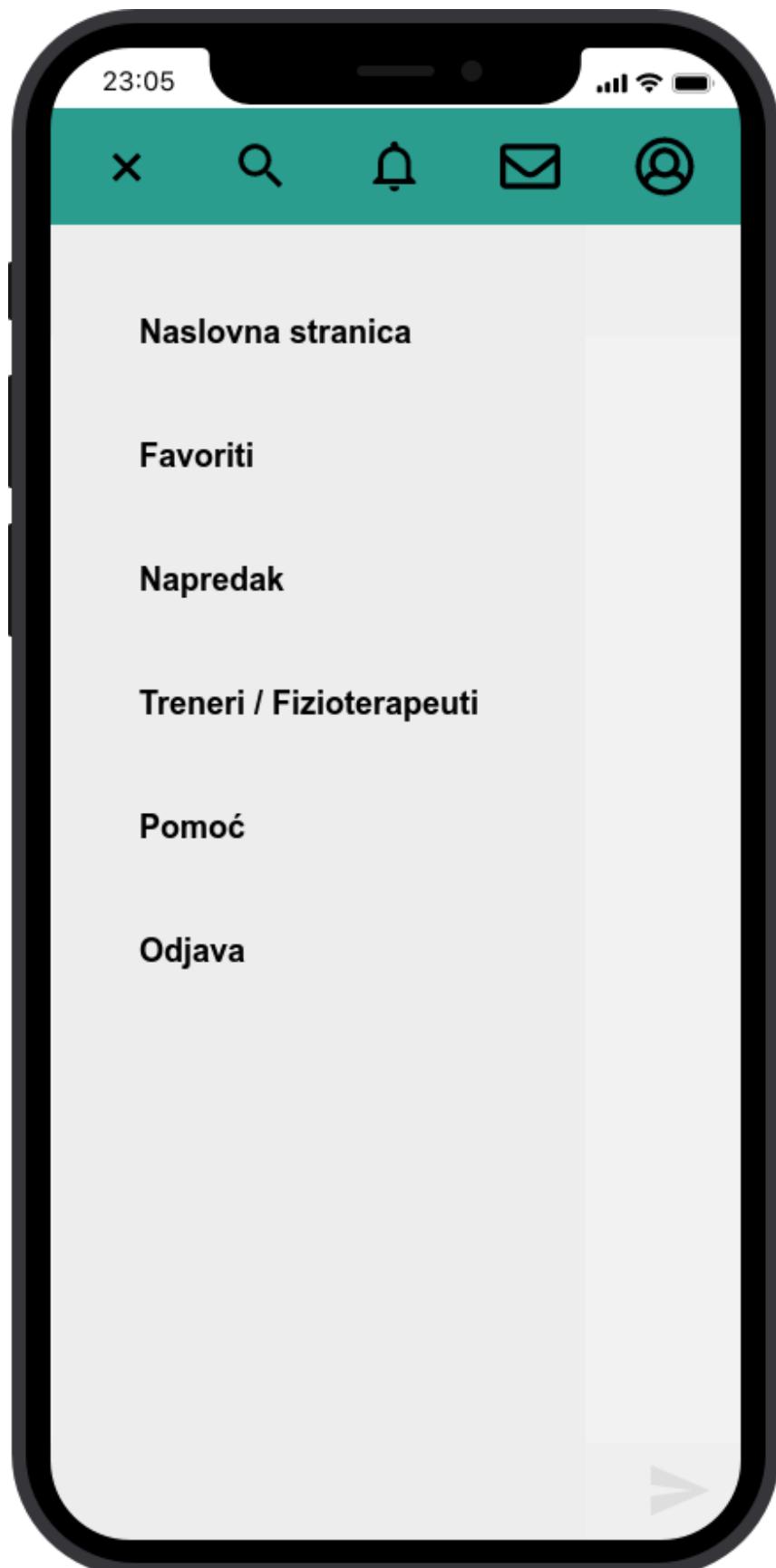


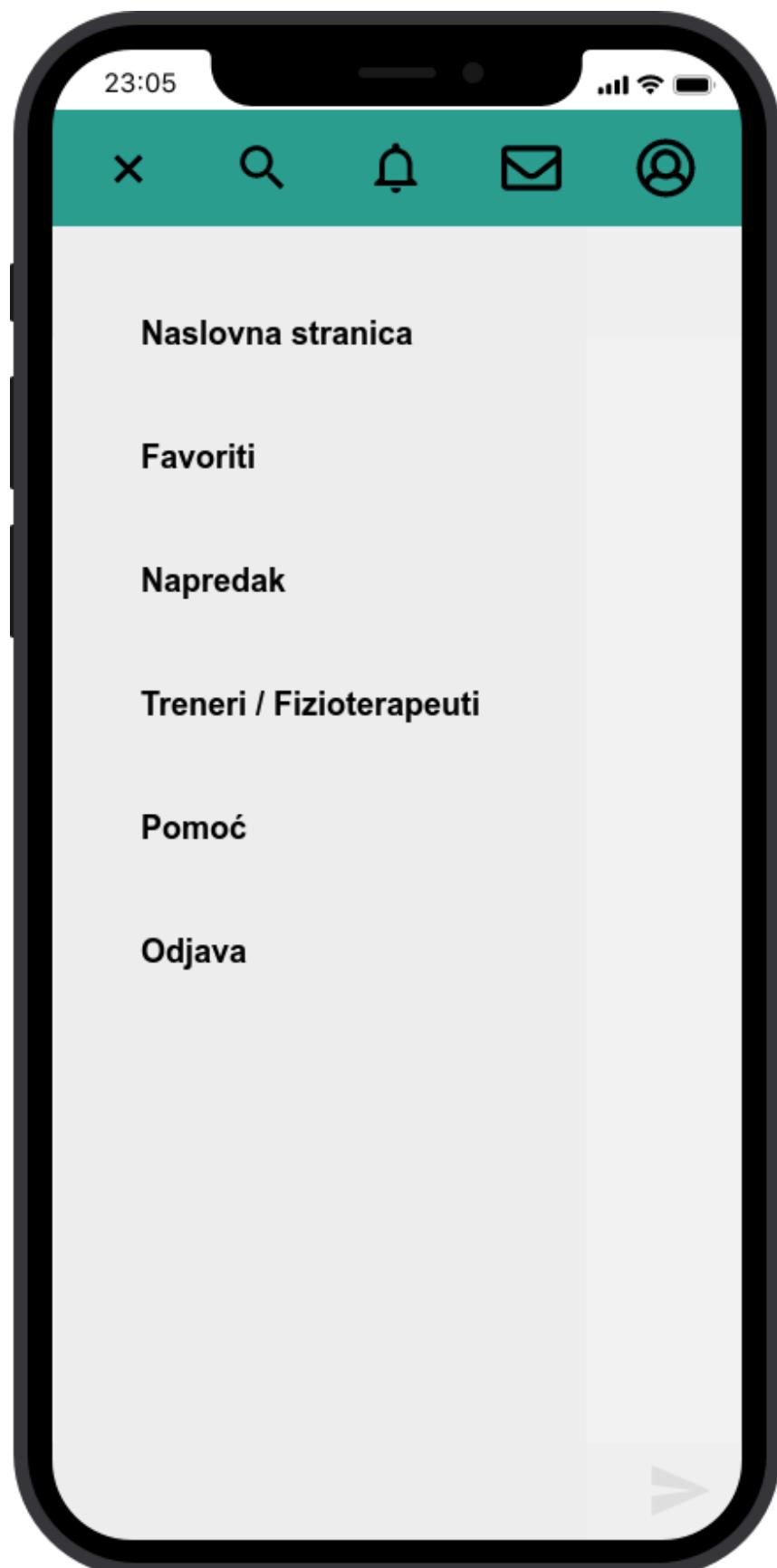


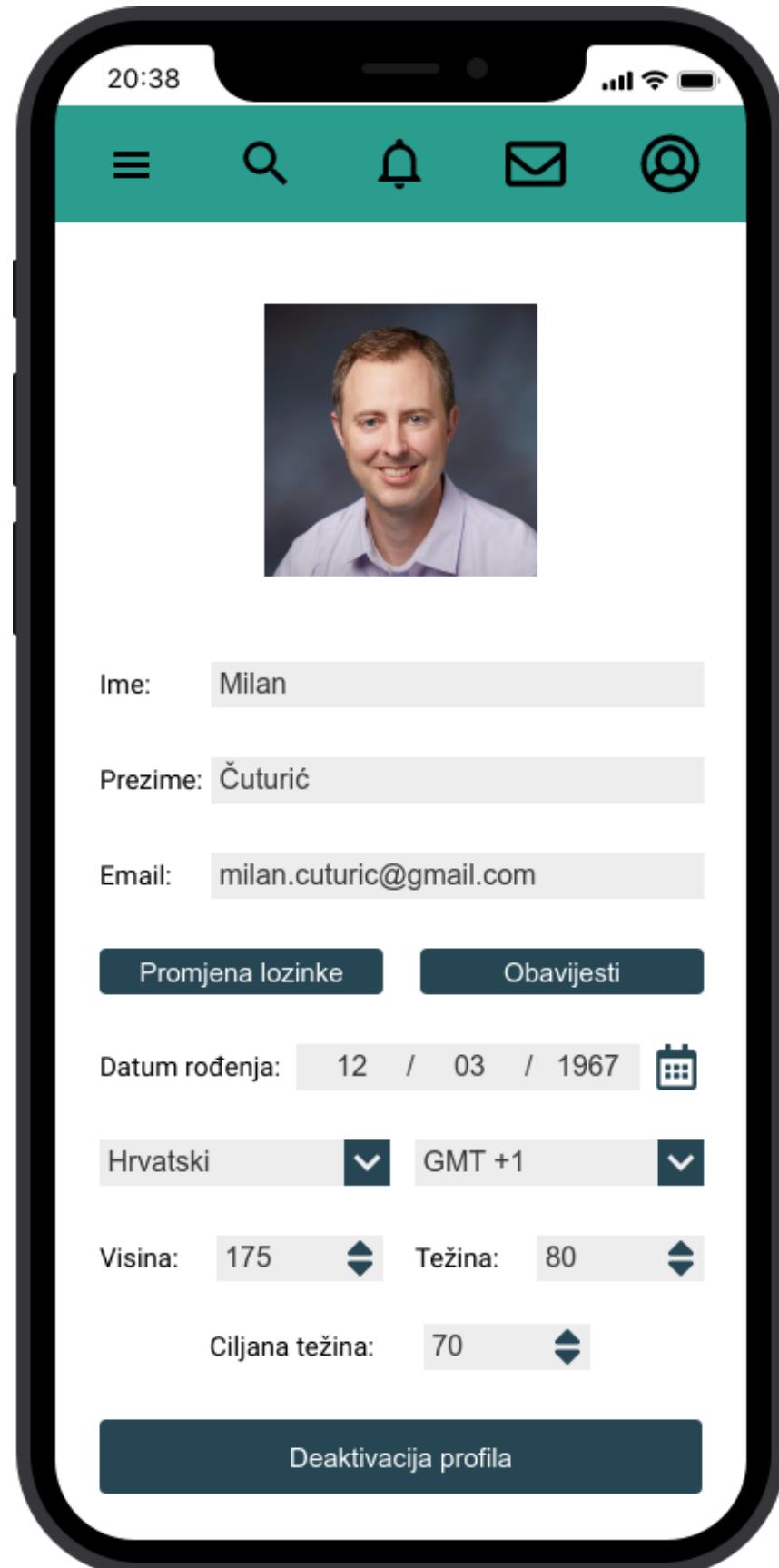


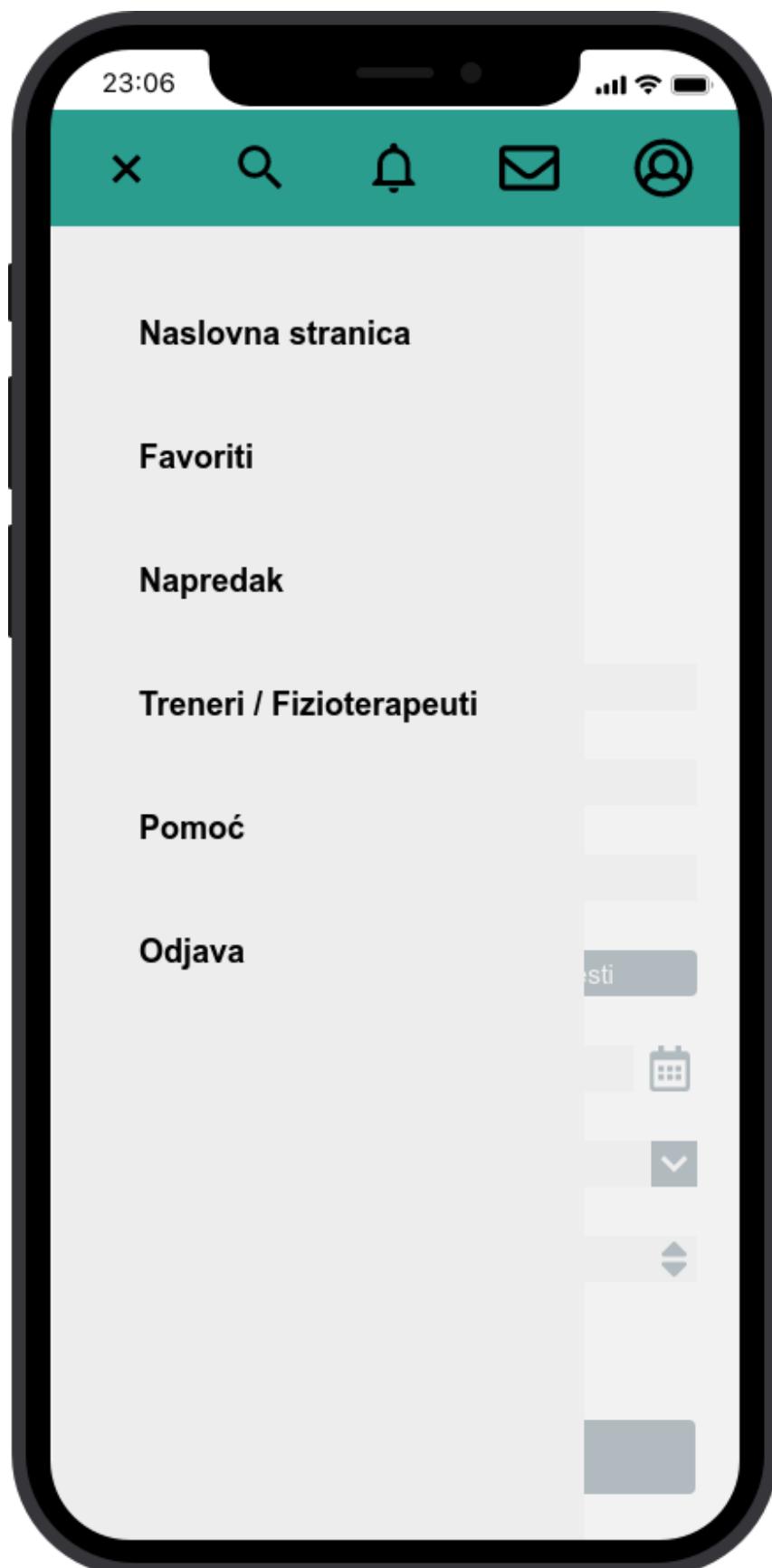


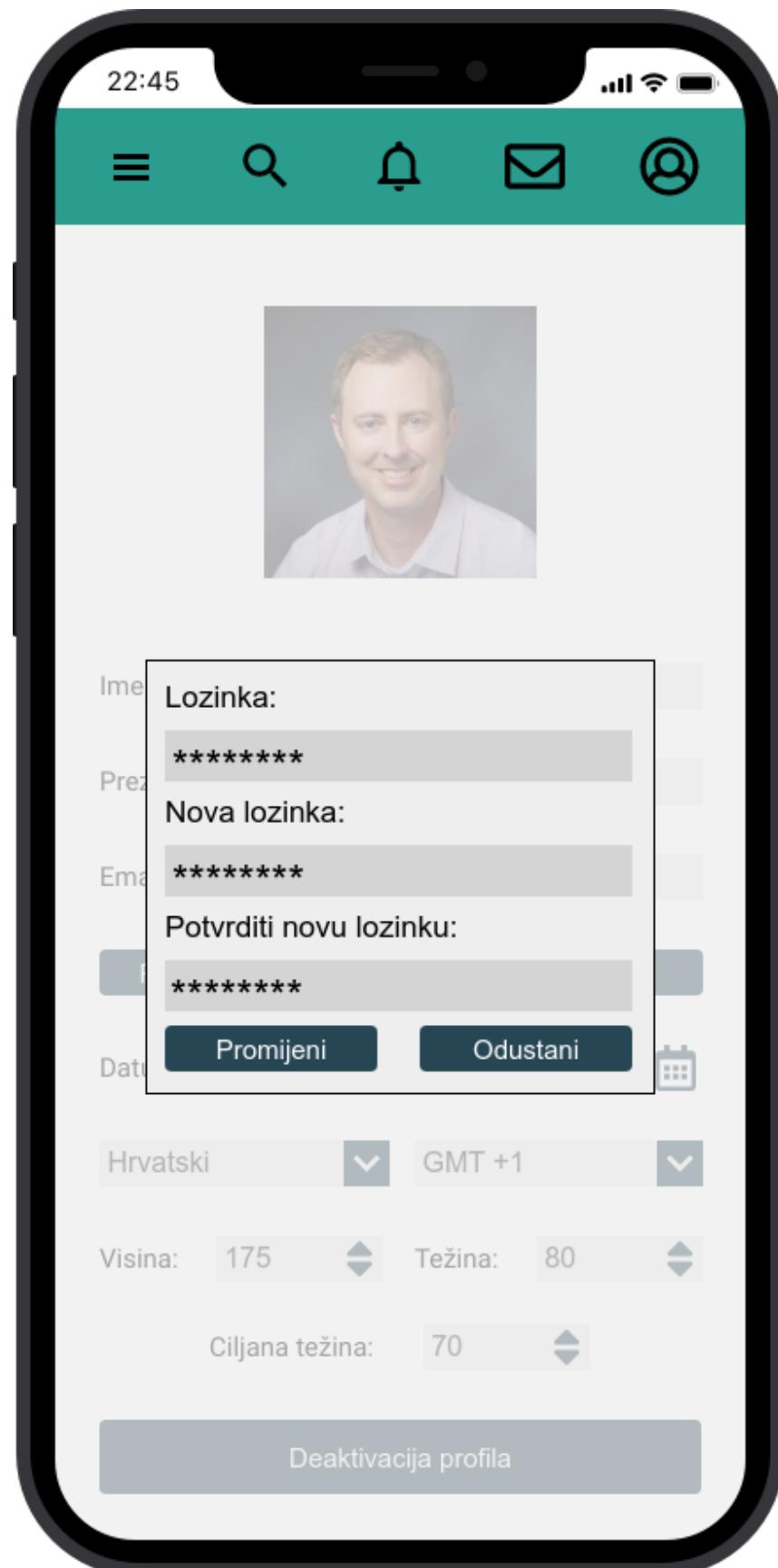


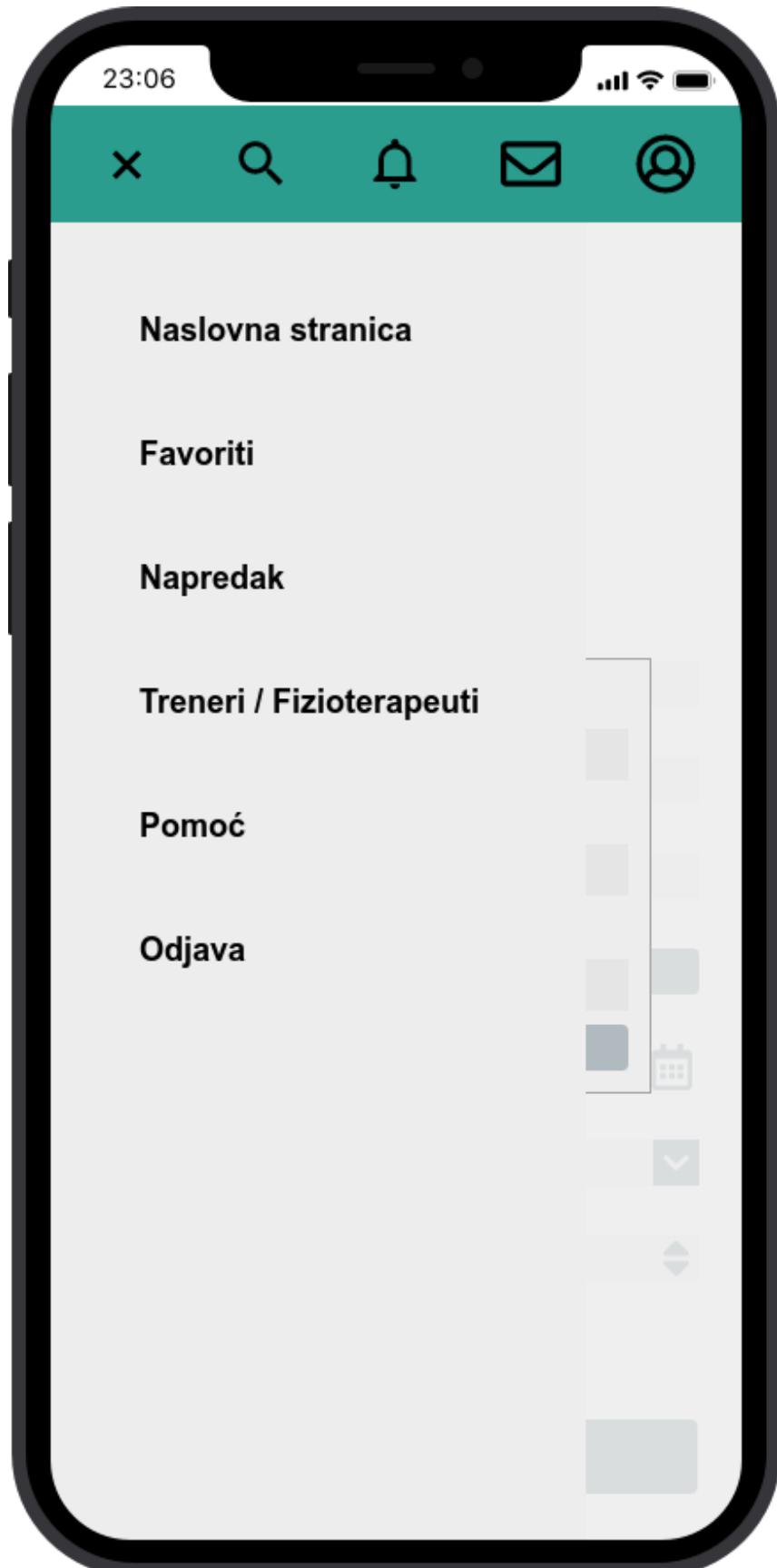


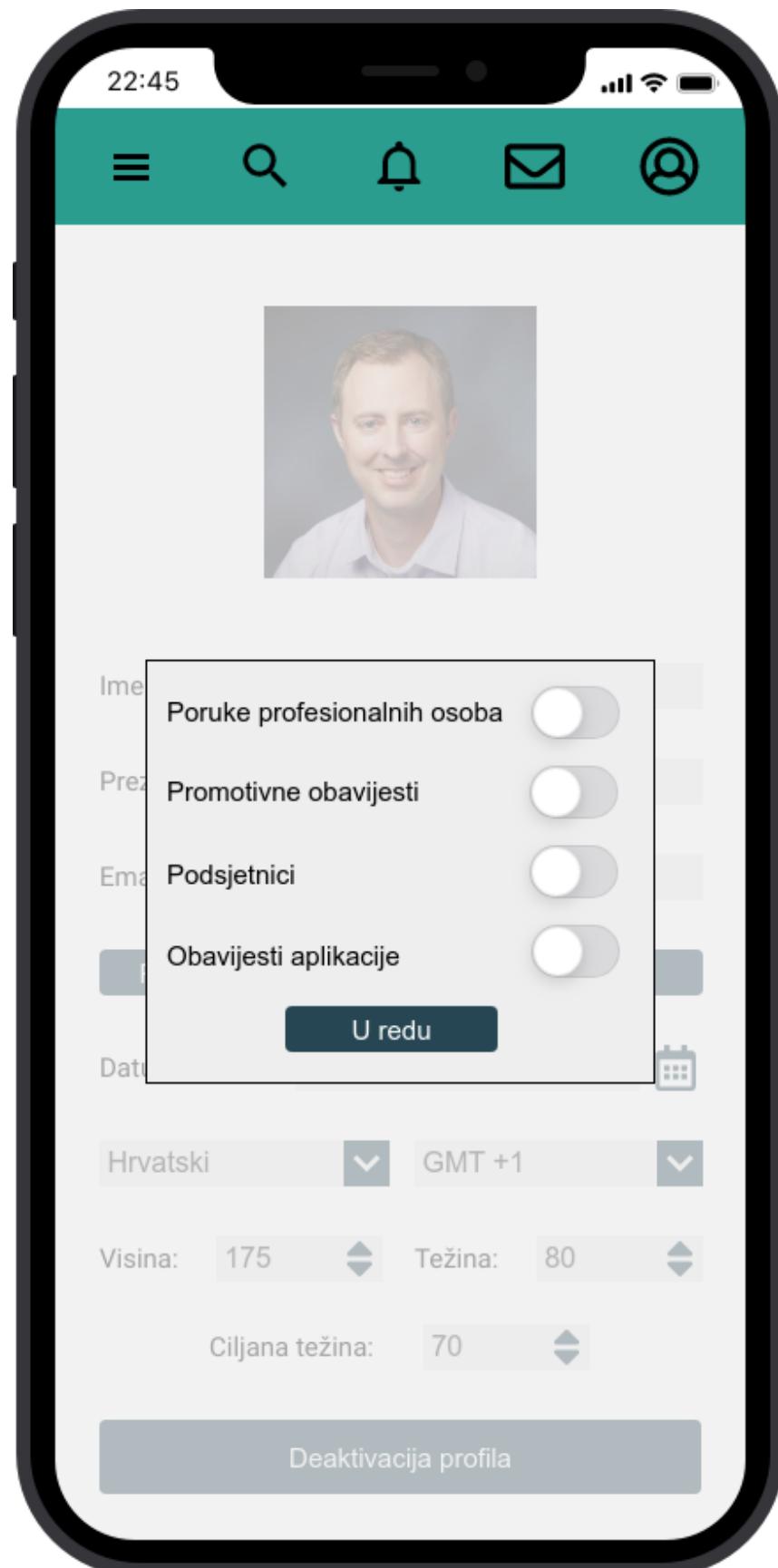


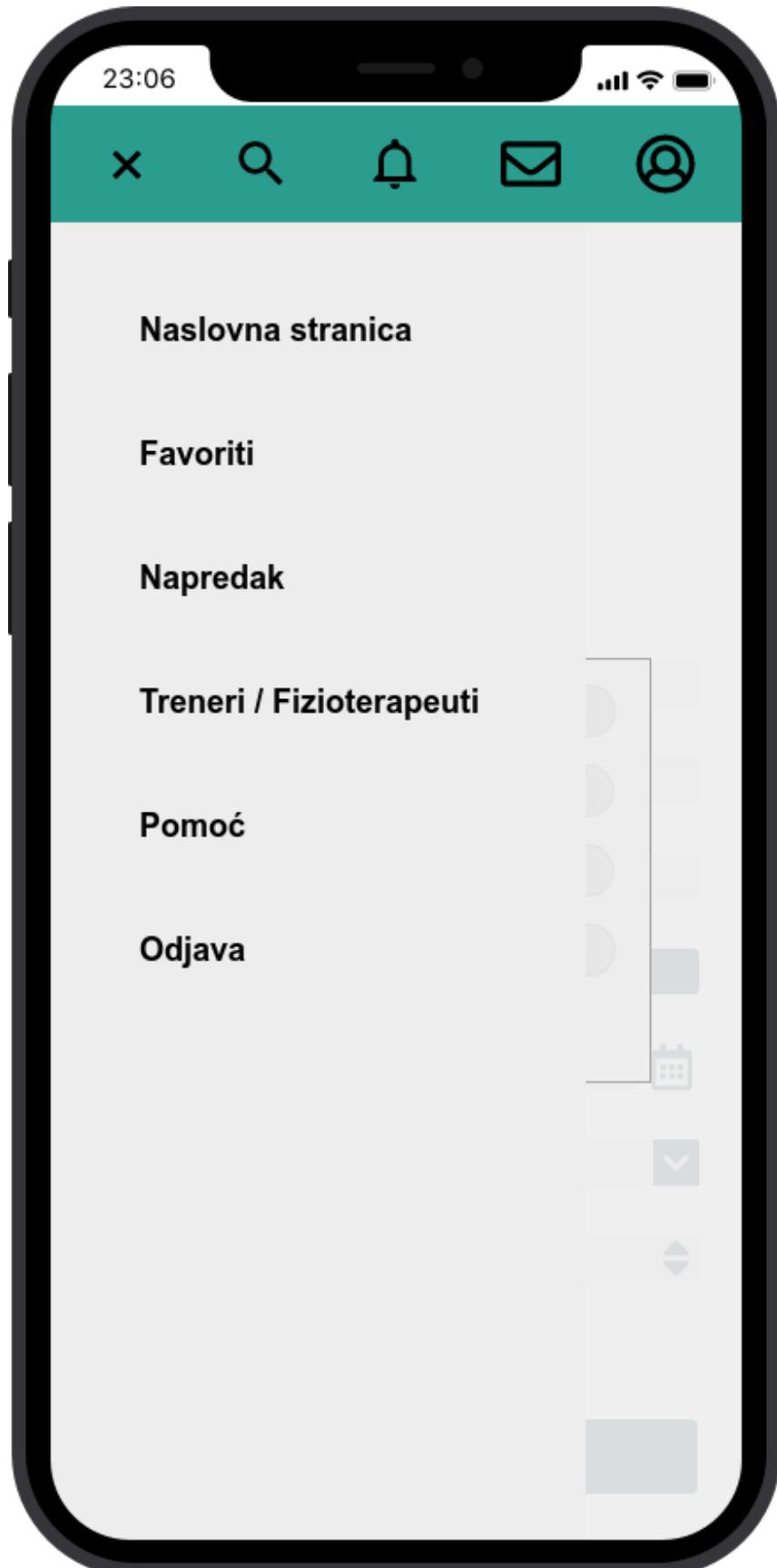


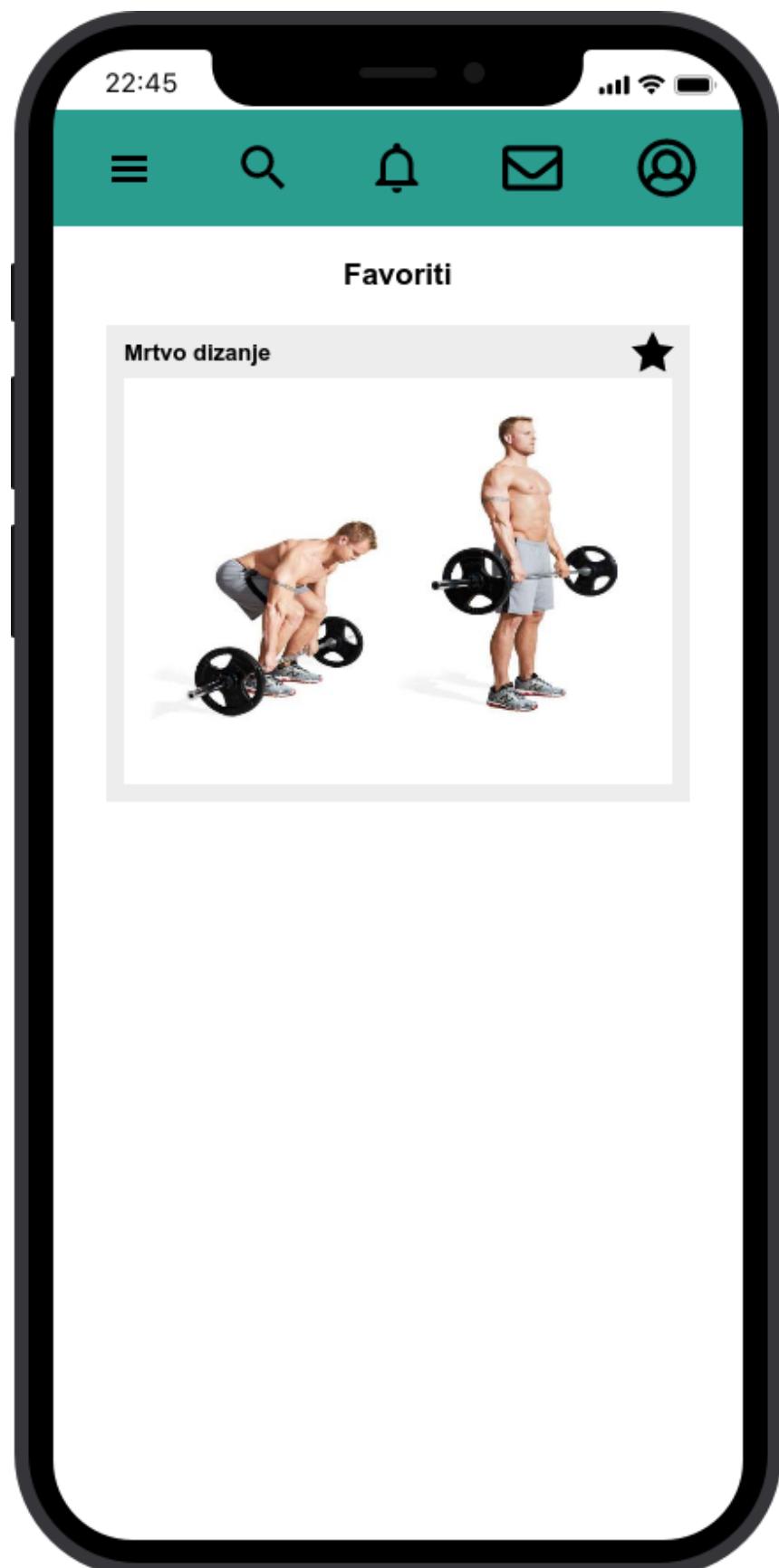


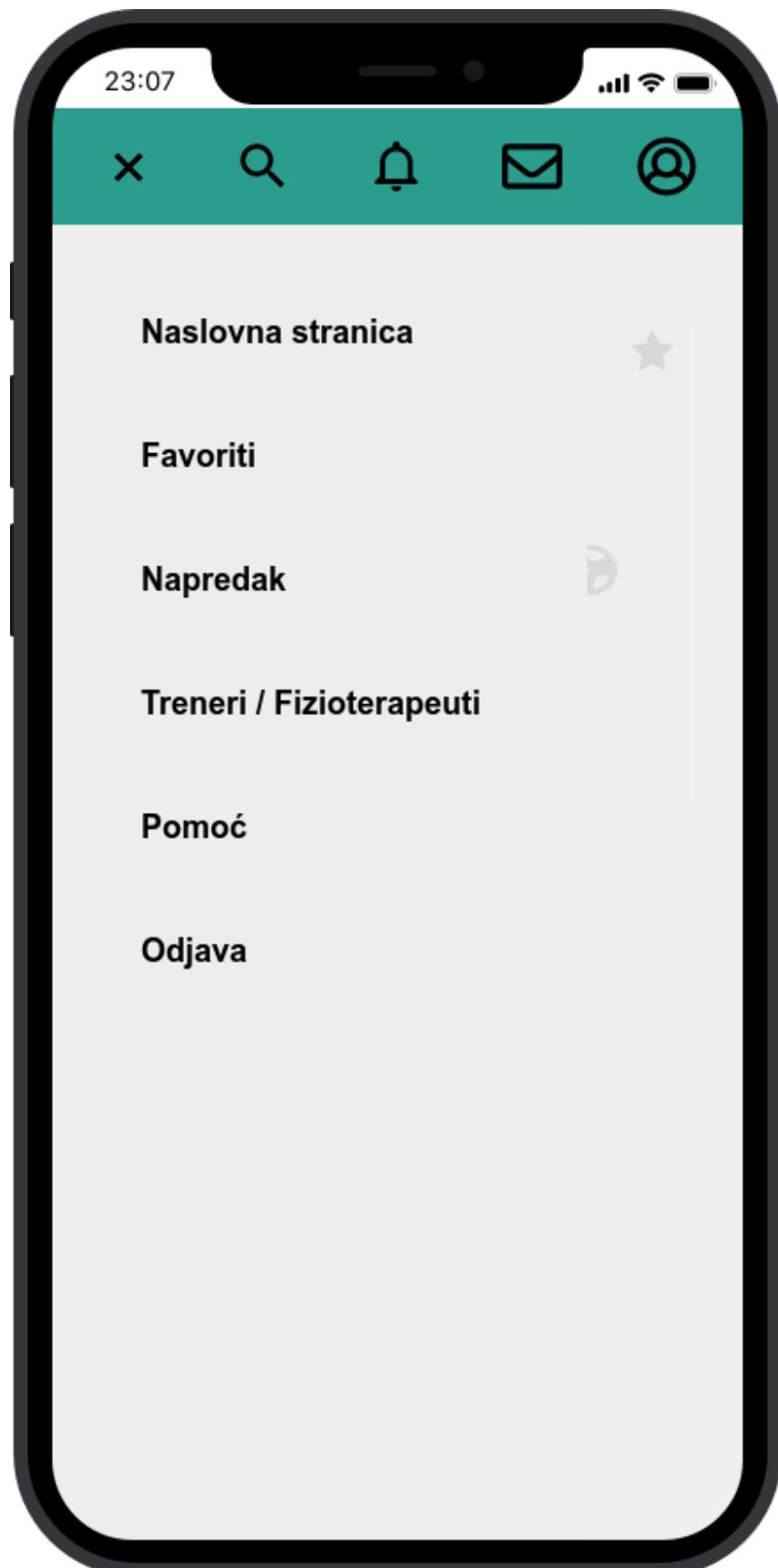


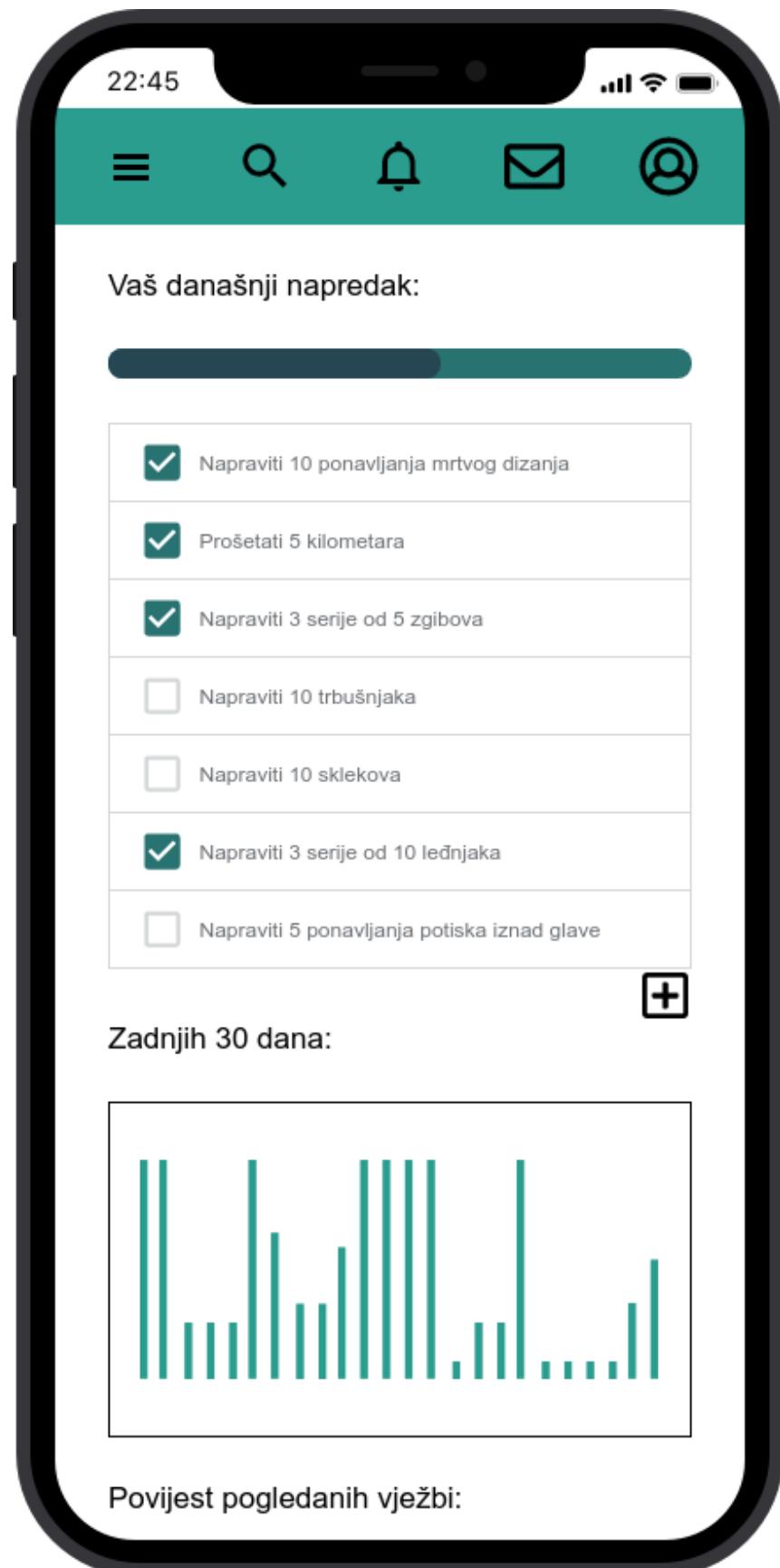


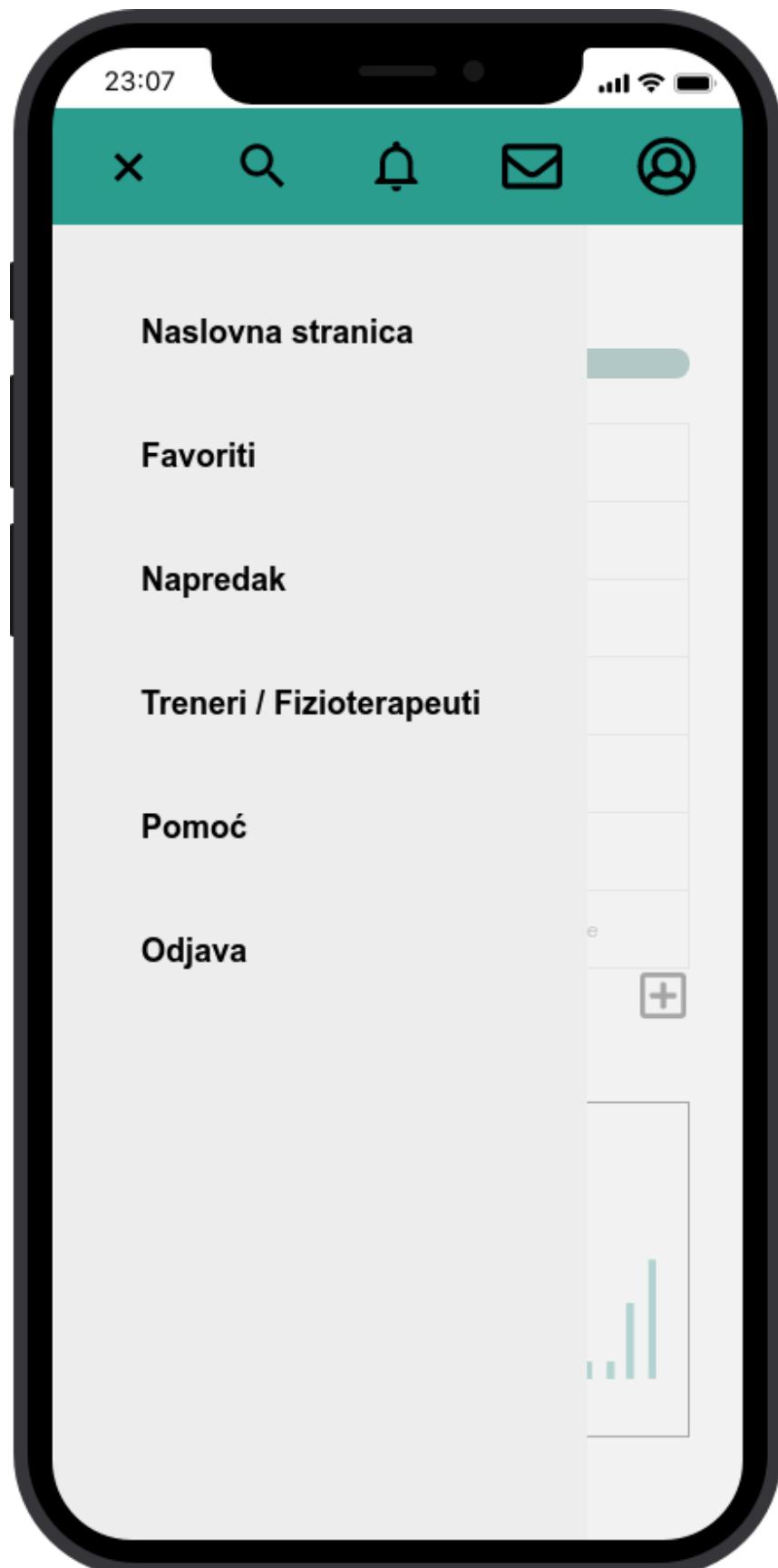


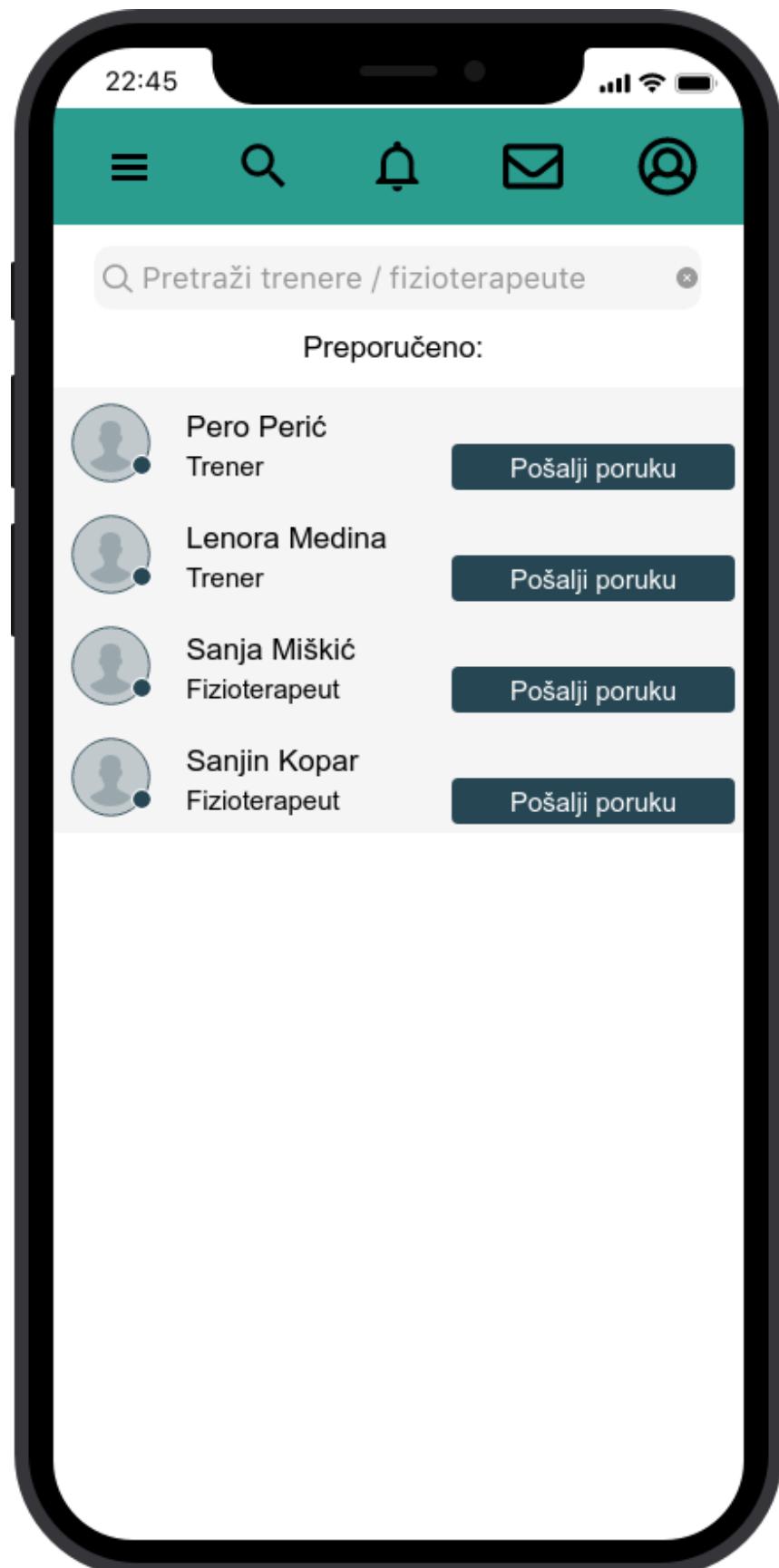


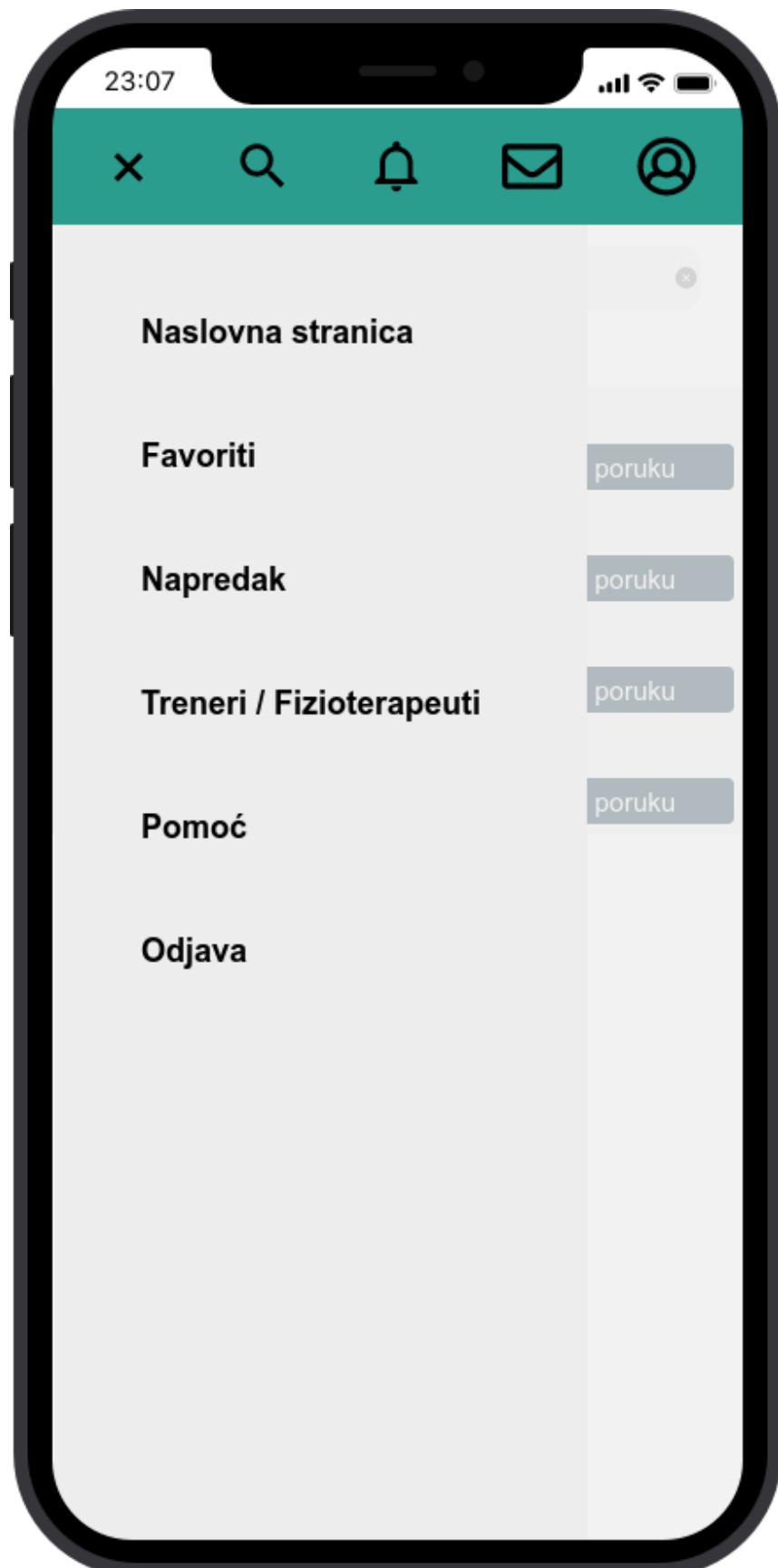


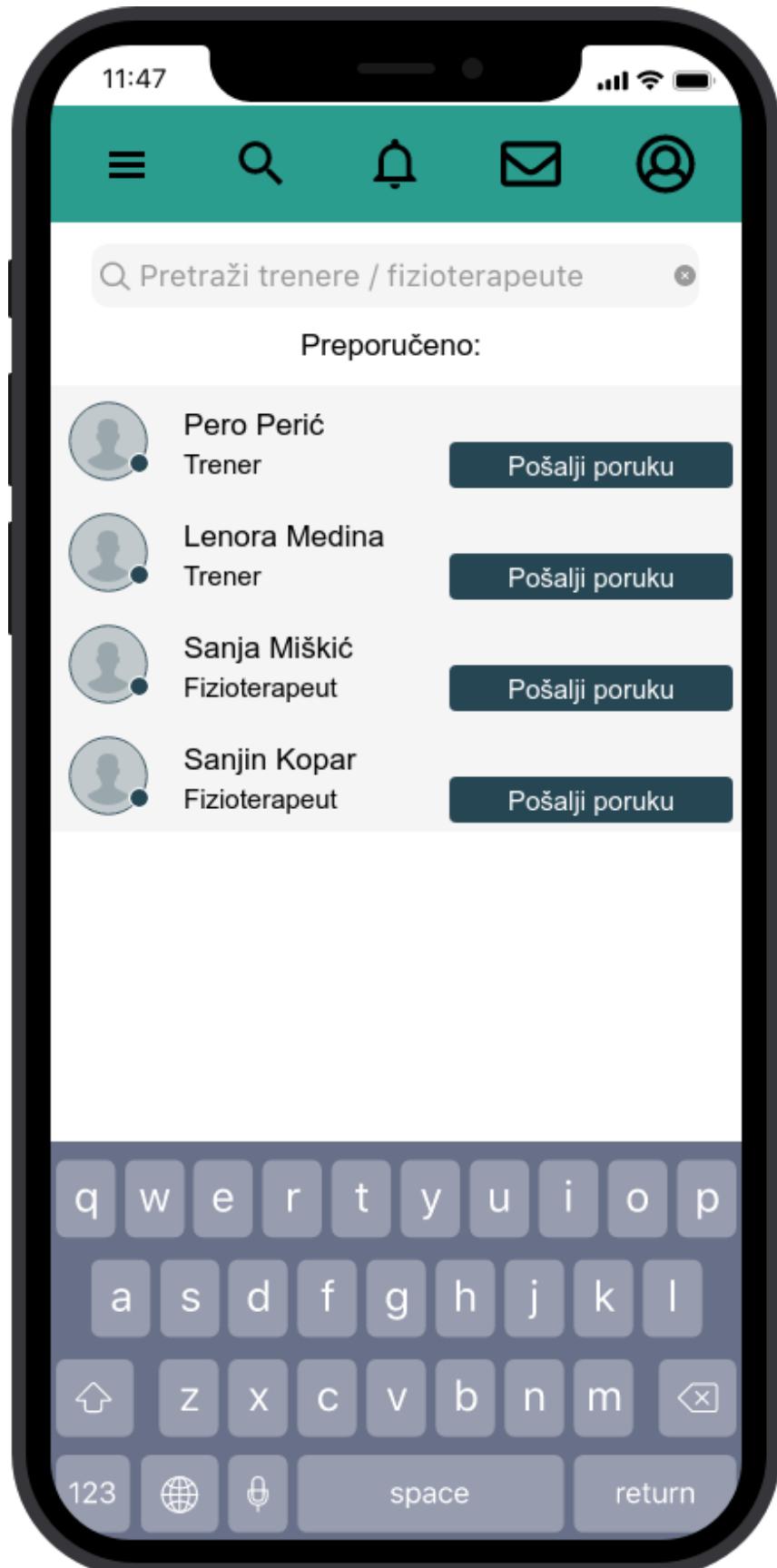


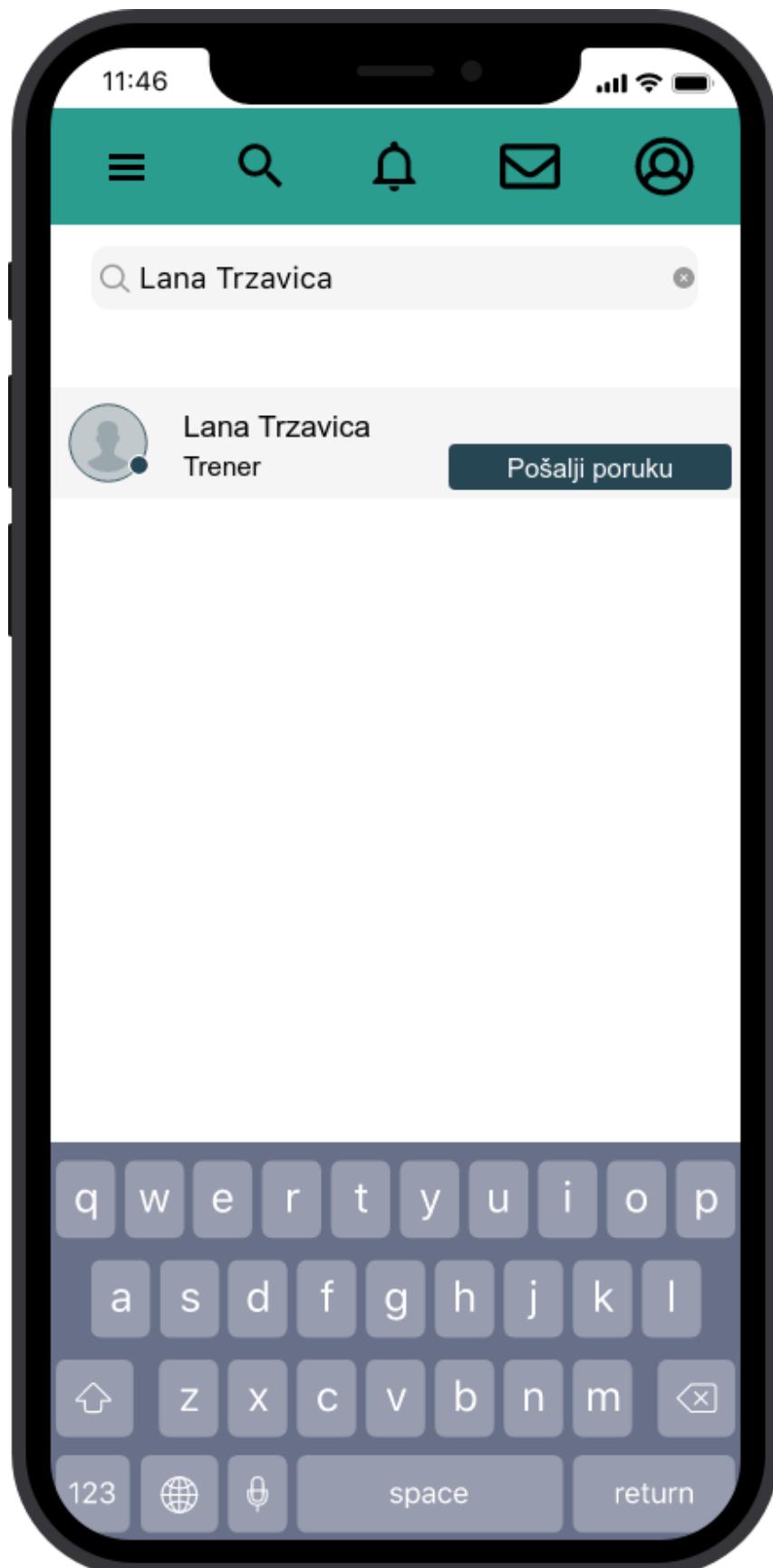


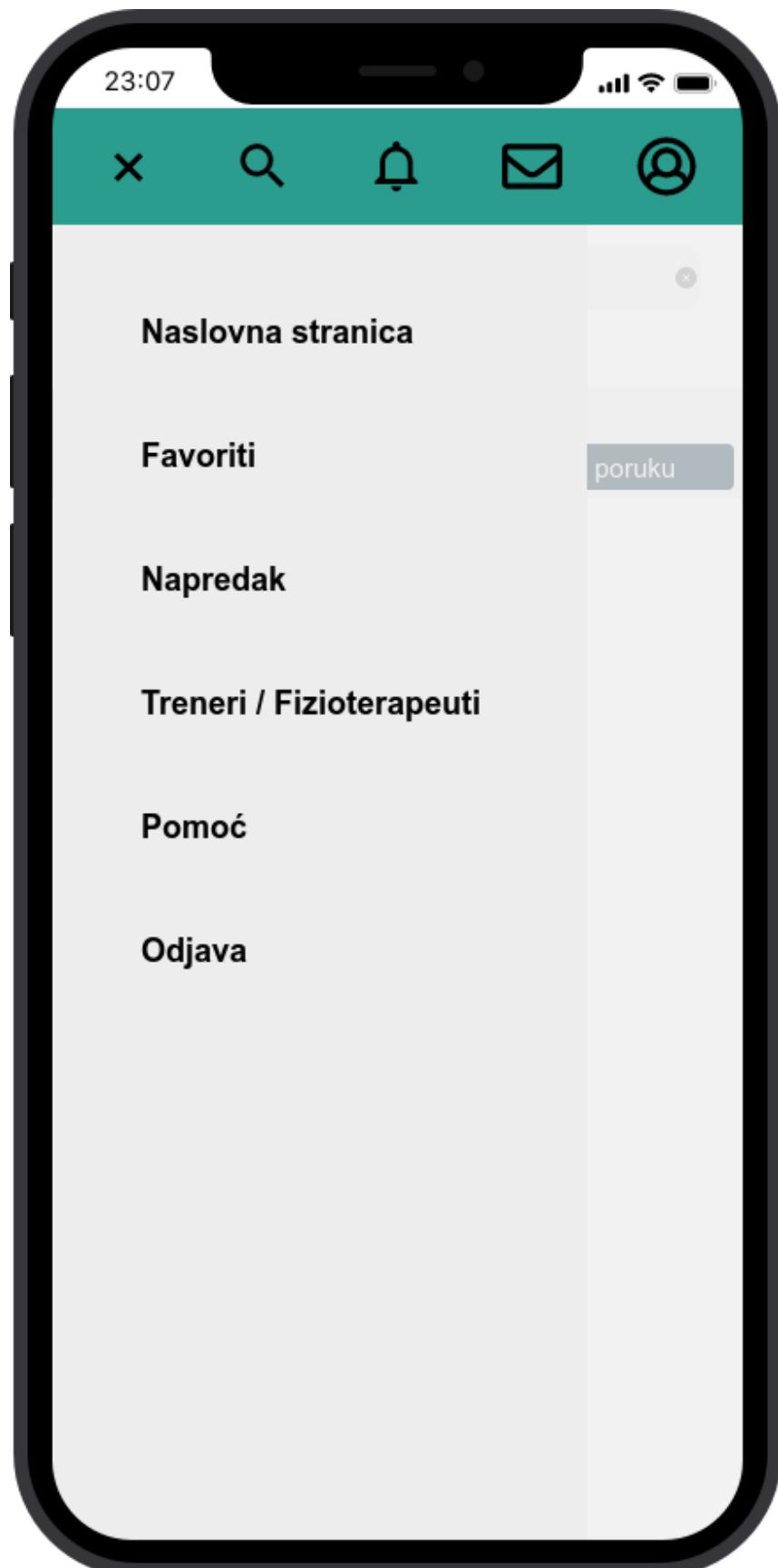






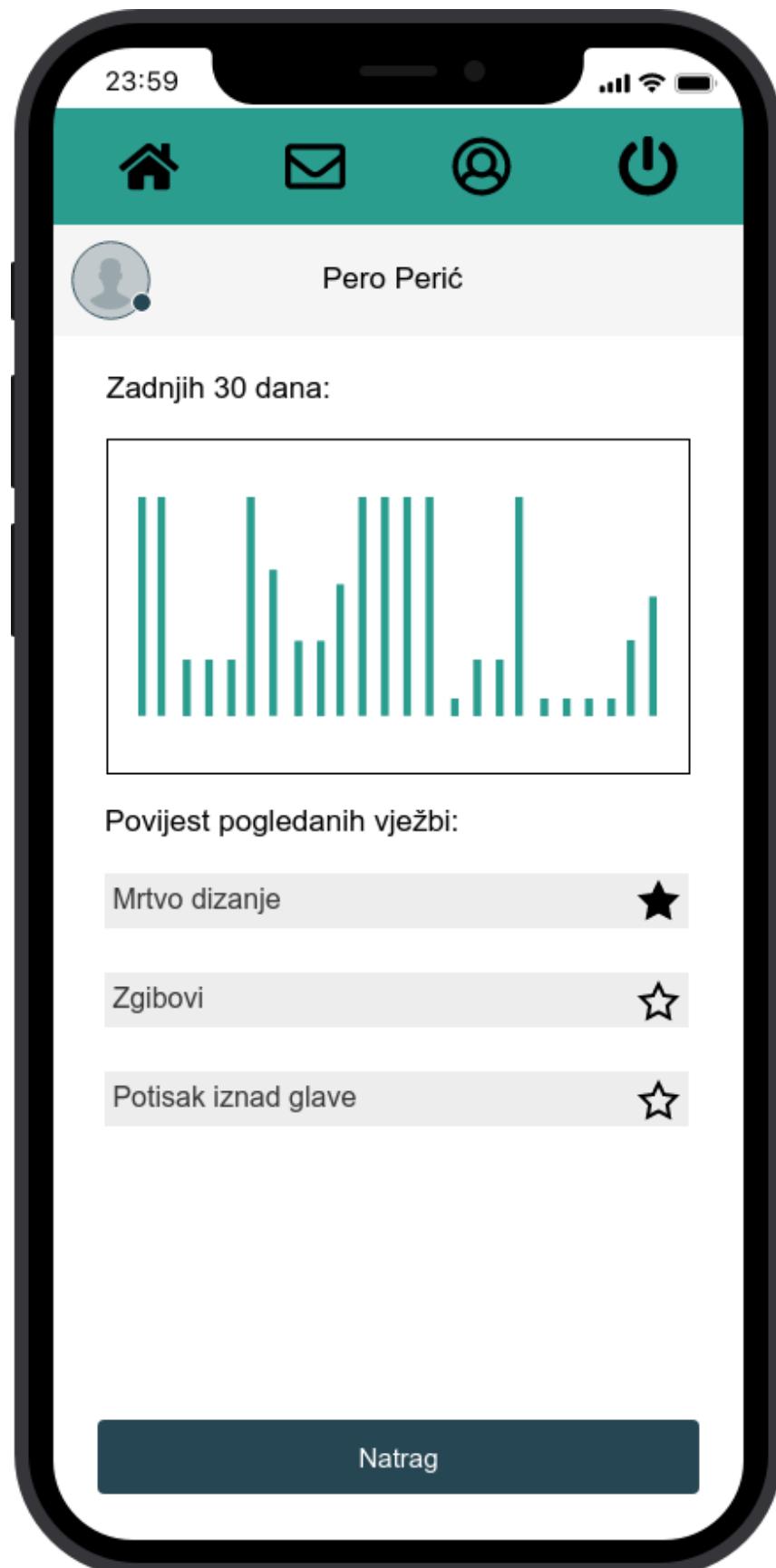


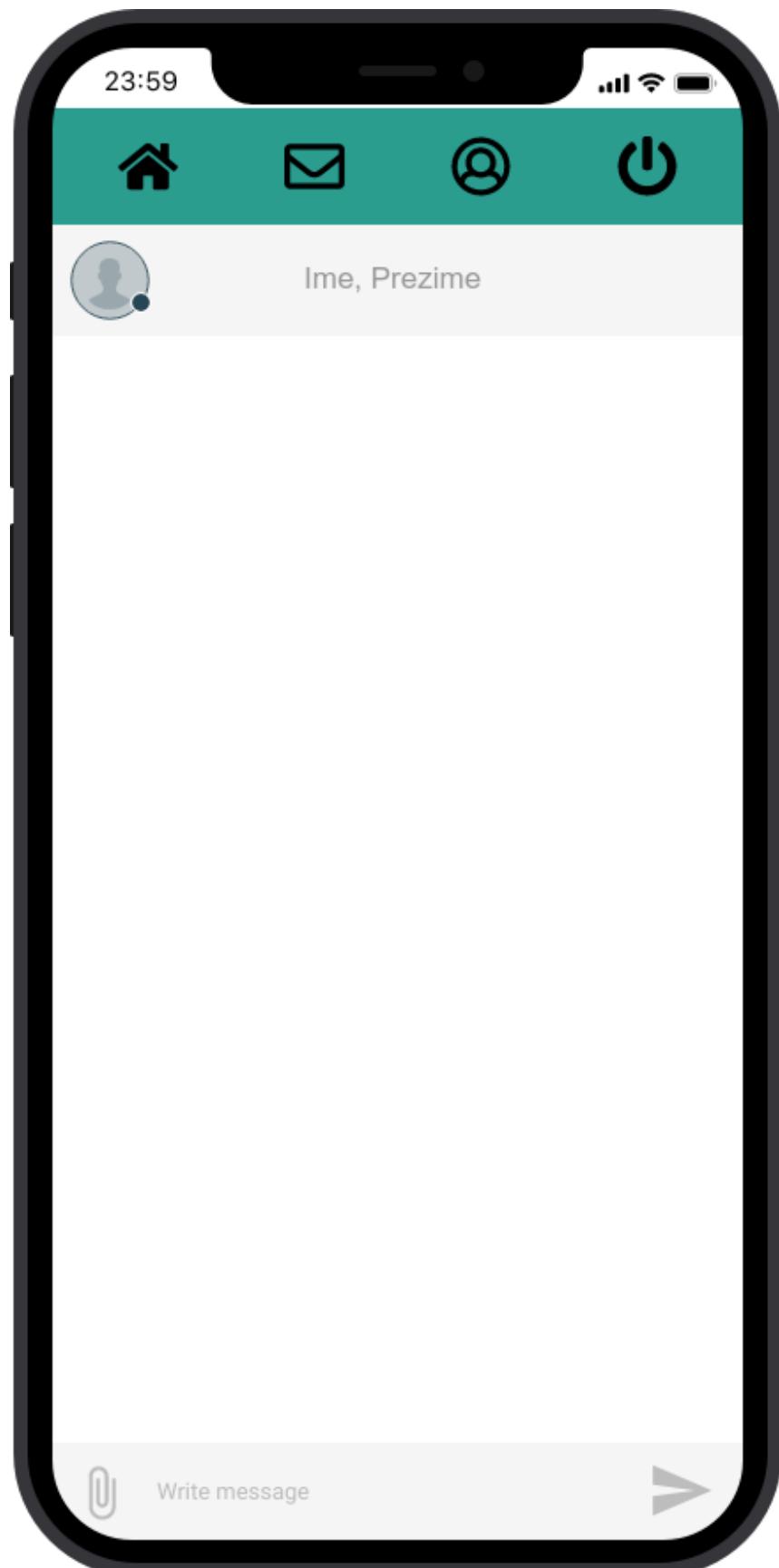


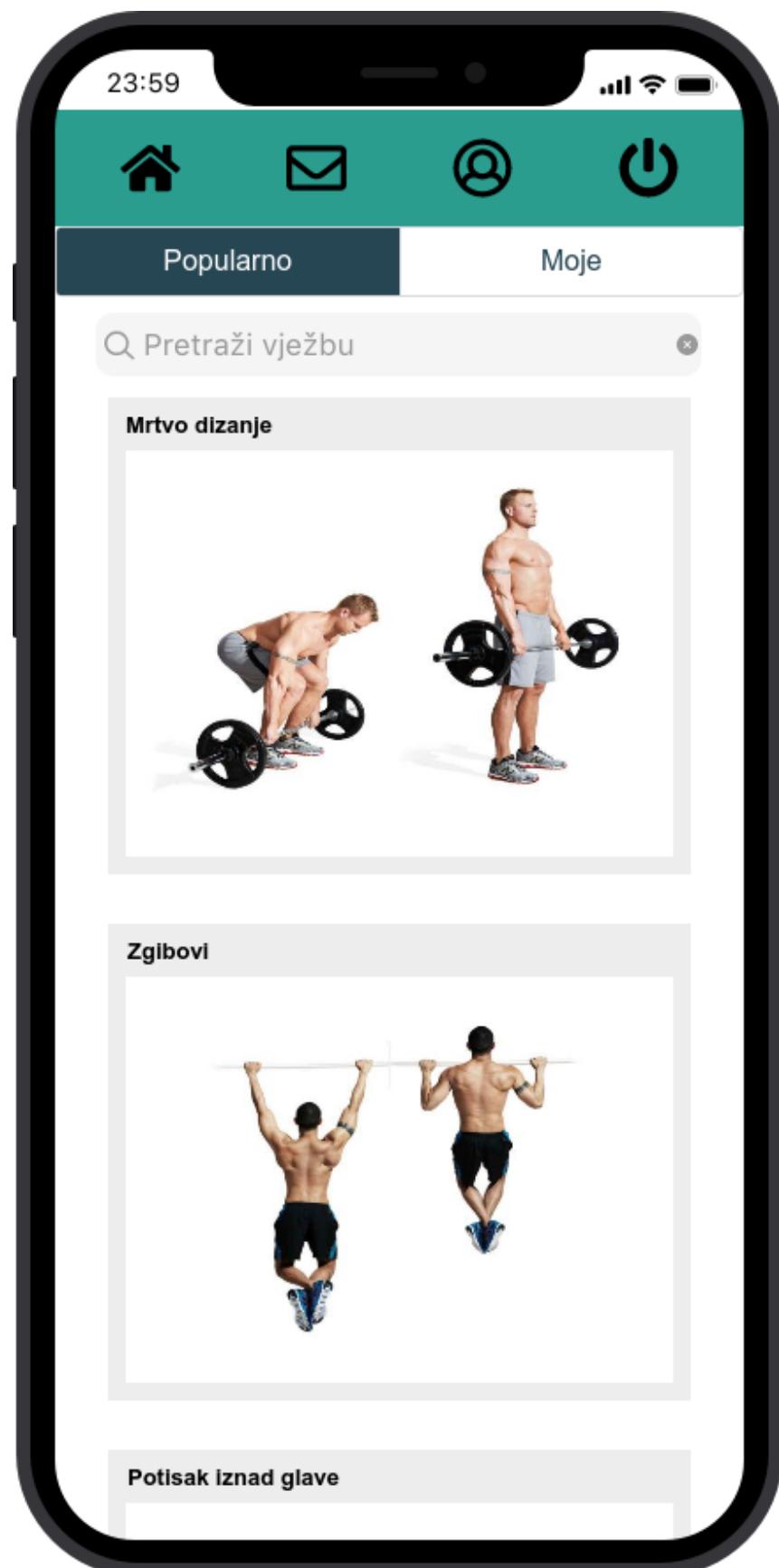




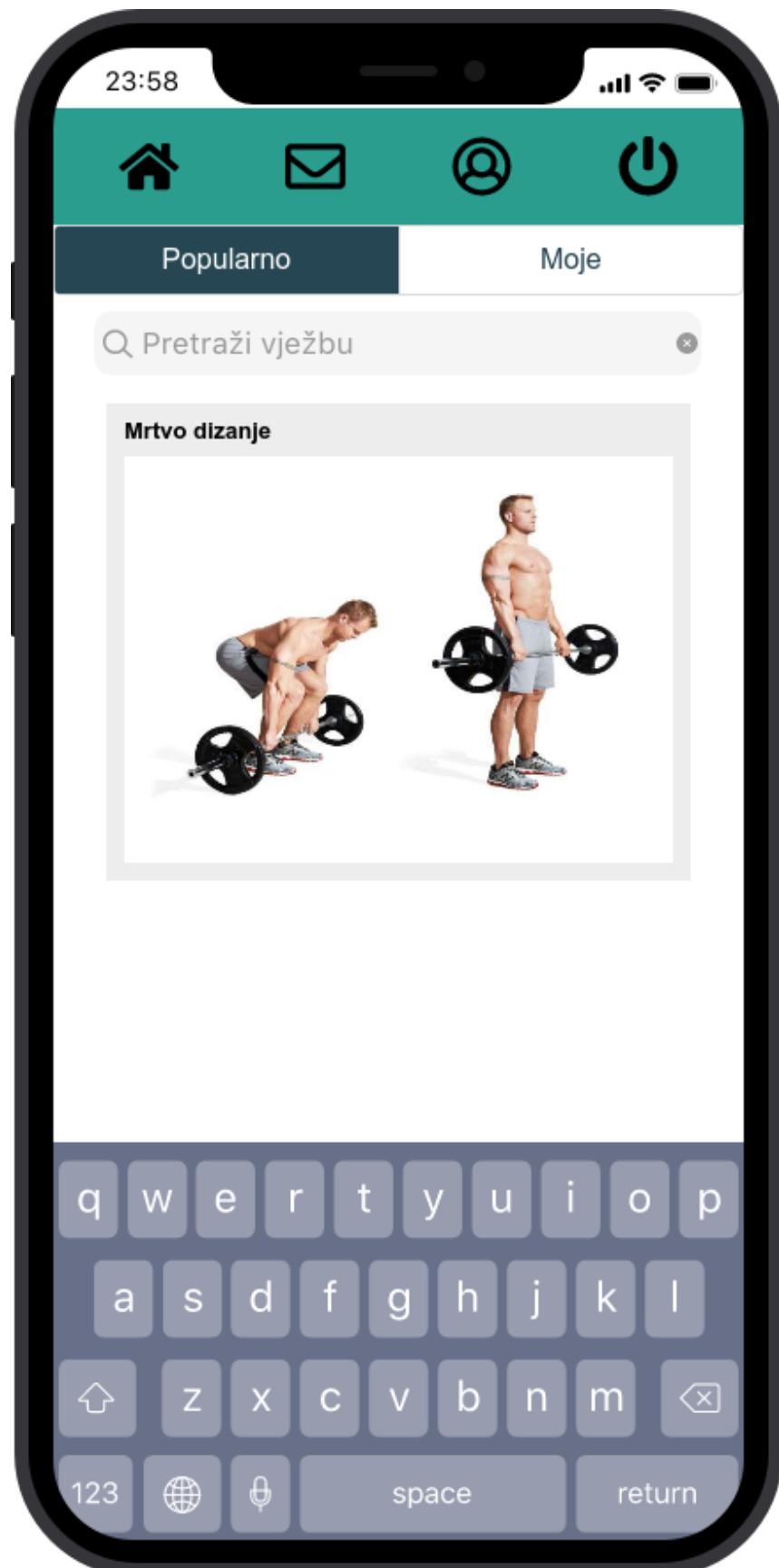


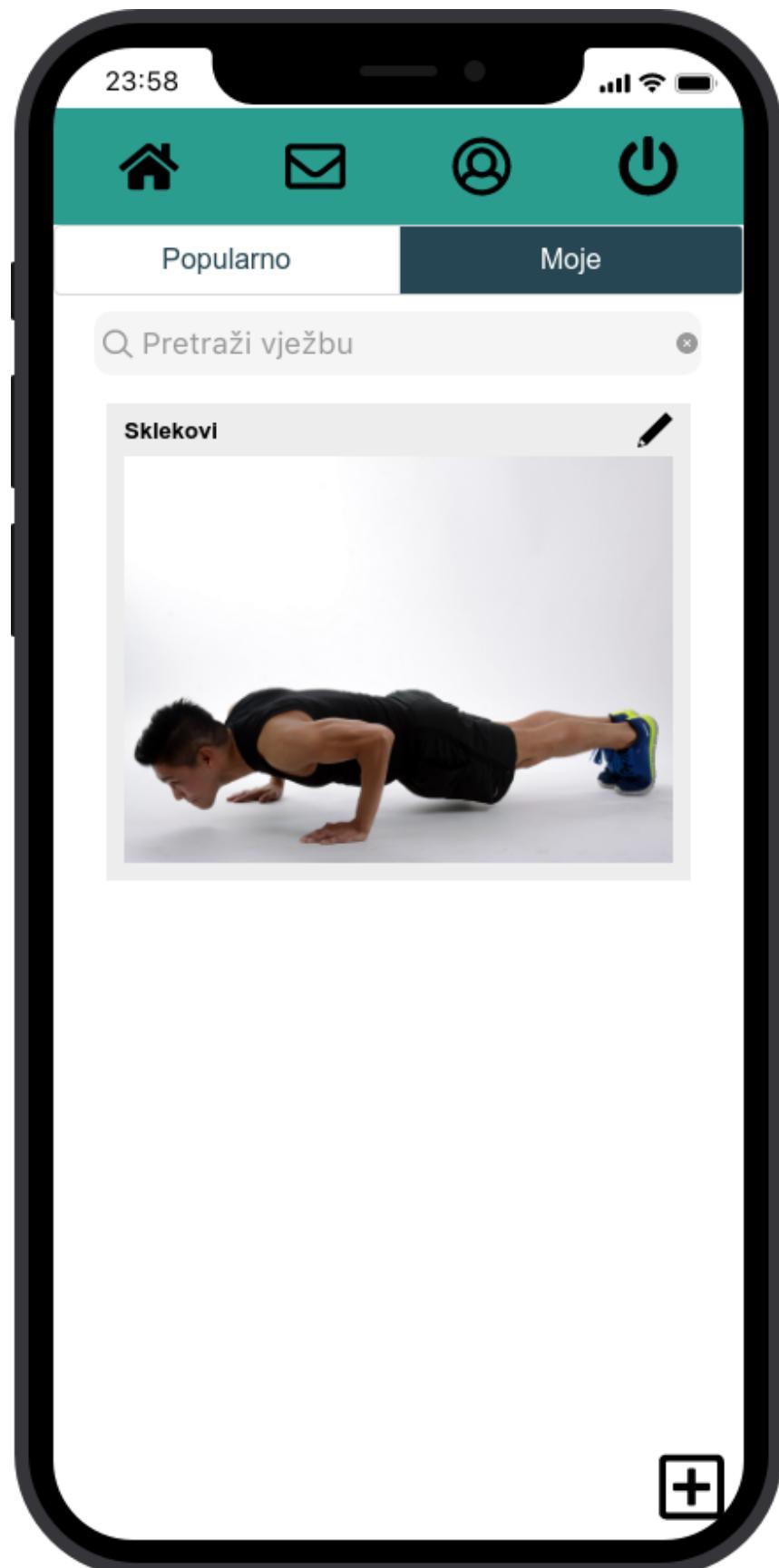




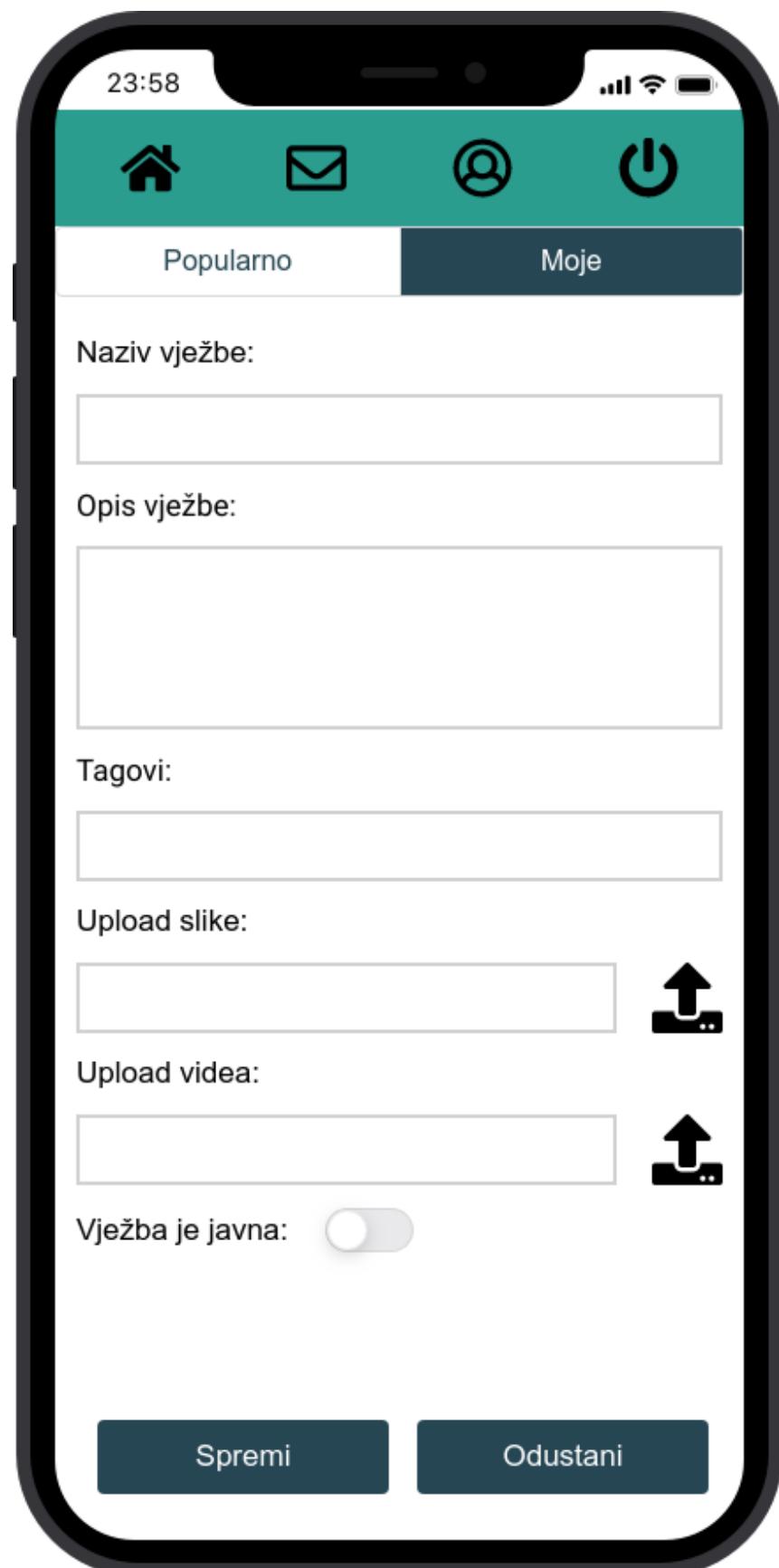














Opis vježbe:

1. Početna pozicija

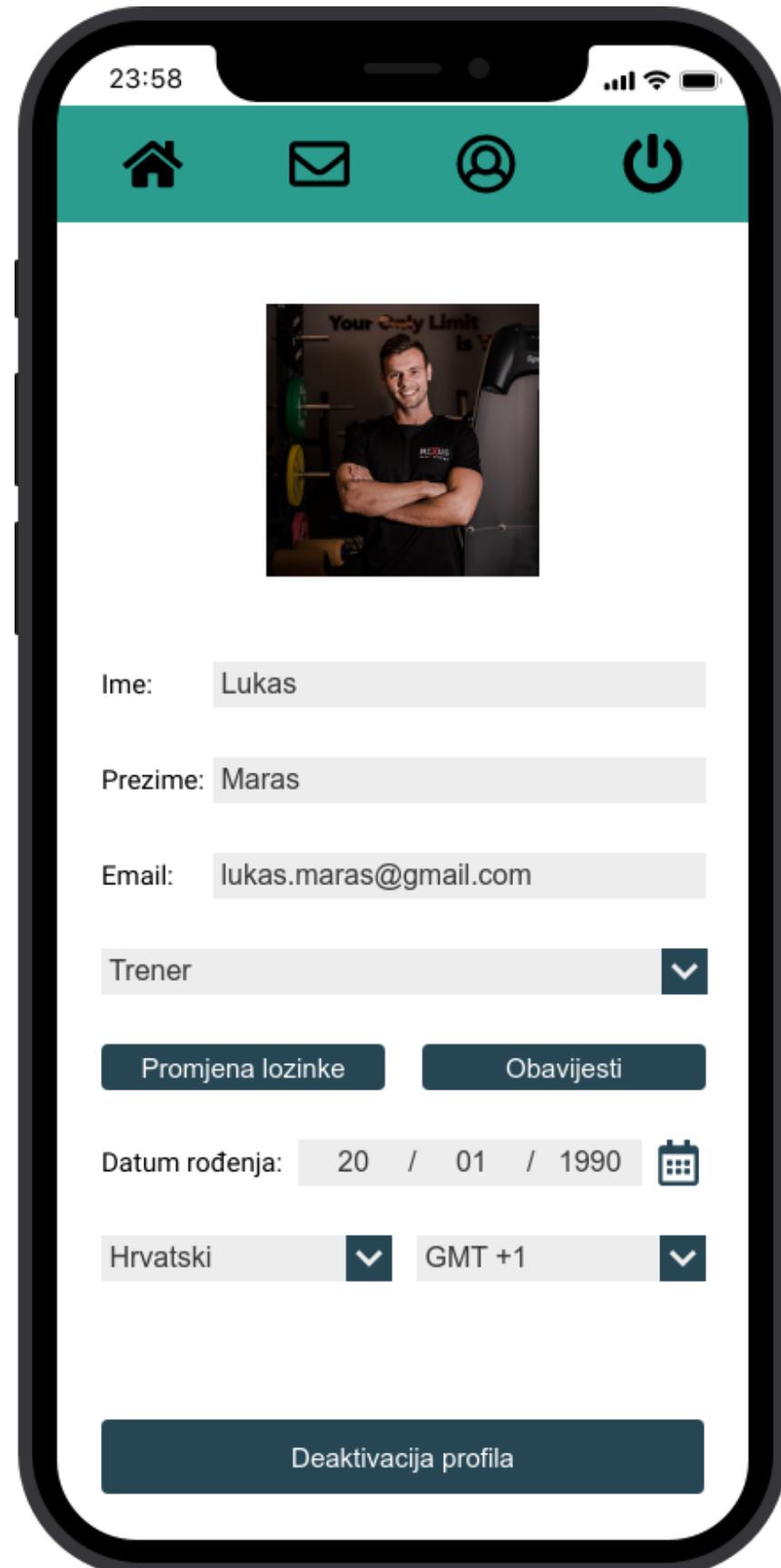
Stopala - razmaknuta u širini između širine ramena i širine kukova. Prsti su usmjereni malo u stranu, a koljena prate smjer prstiju.

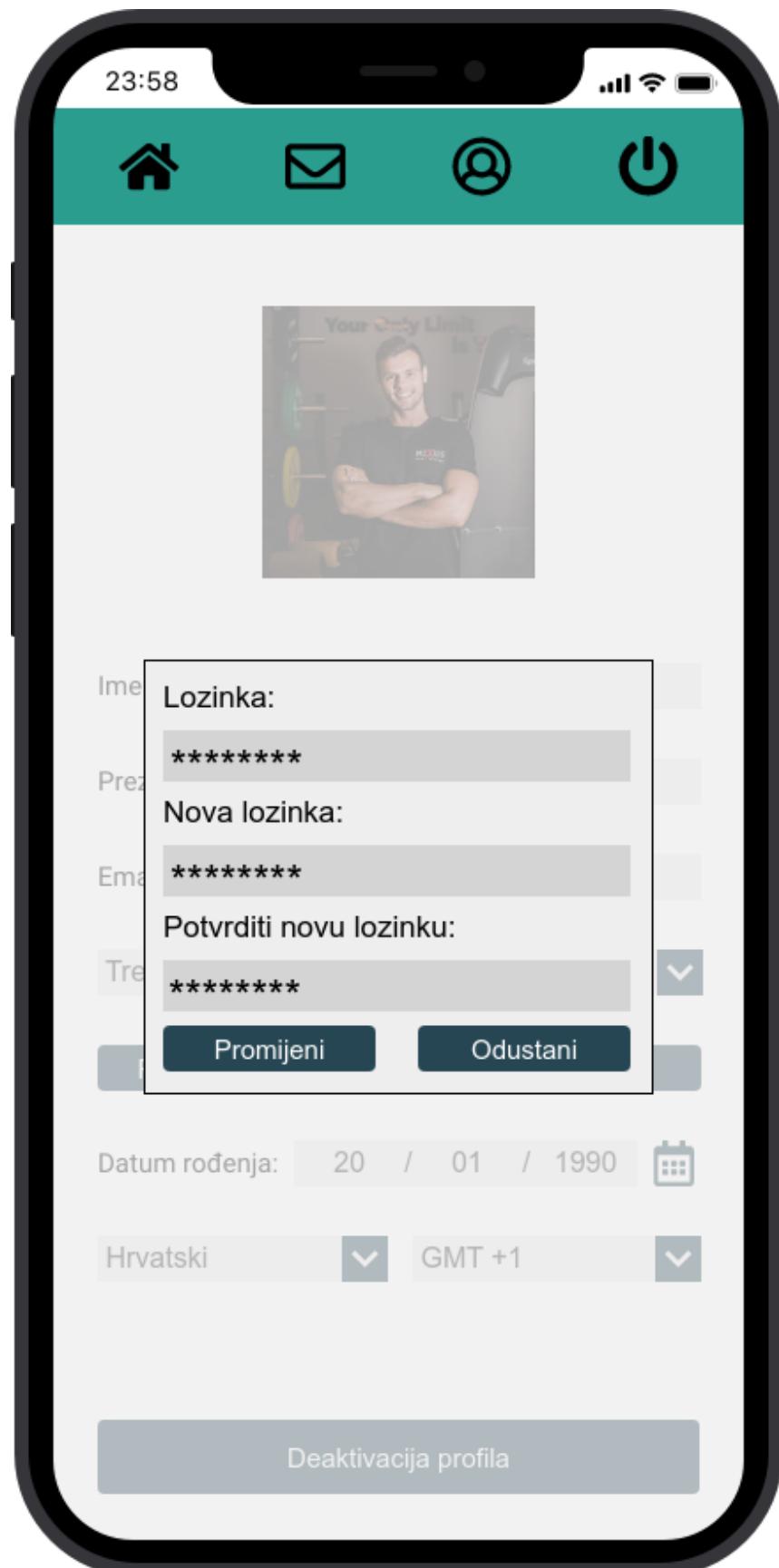
Šipka je u početnoj poziciji u ravnini na pola puta između vrhova nožnih prstiju i potkoljenice.

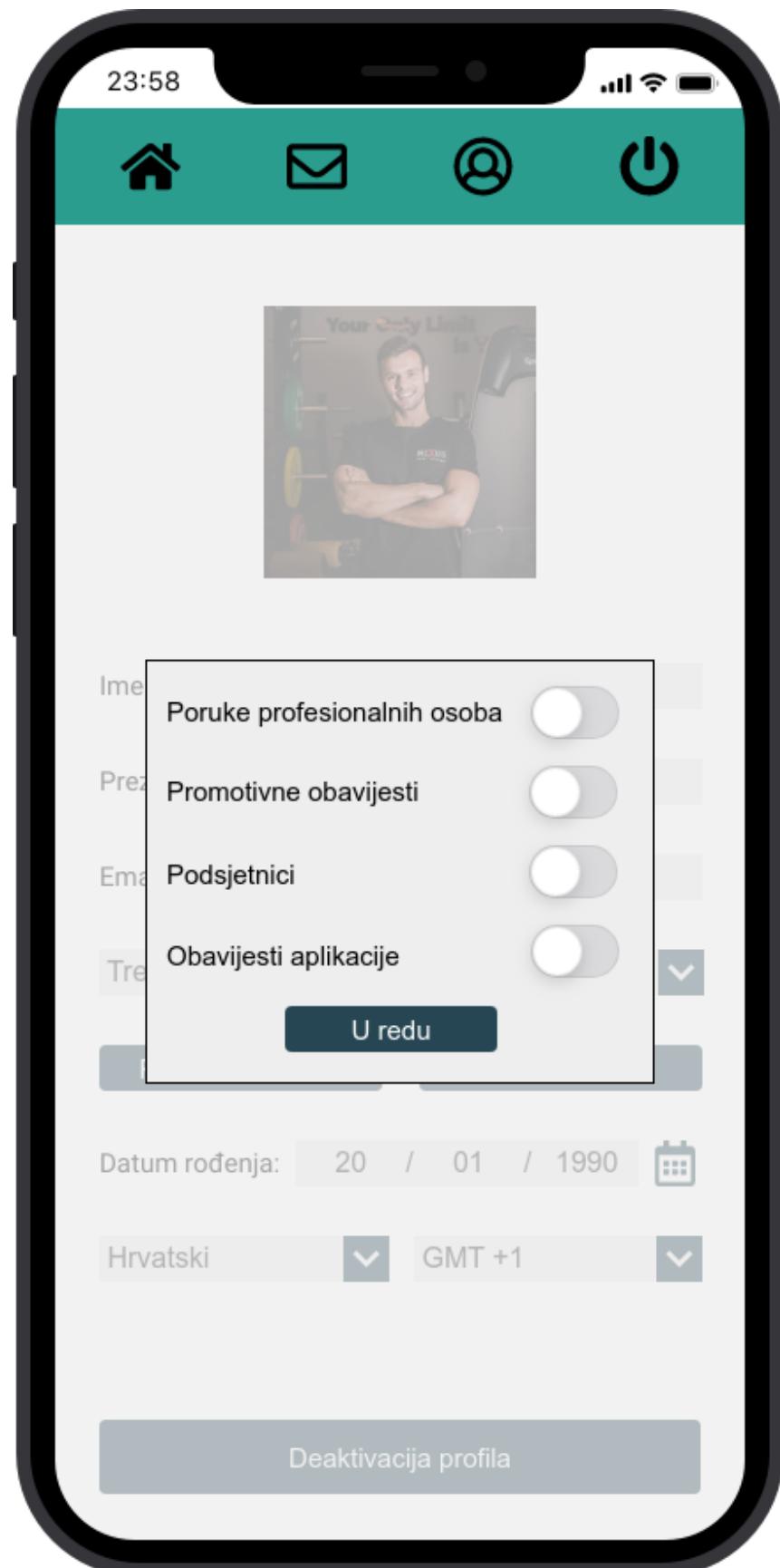
Čučnemo tako da su kukovi u nižoj poziciji od ramena i uhvatimo šipku. Hvat može biti standardni (nadhvati ili pronirani) ili pak jednom rukom nadhvati, a drugom podhvati (kombinirani hvat), što omogućuje držanje većih težina. U momentu kad se sagnemo po šipku, šipka dodiruje potkoljenice.

Šakama hvatamo šipku u širini većoj od širine koljena









23:13

[Dodaj novu objavu](#)

Novosti

Protein.si

NOVO U PRODAJII

Stretch kapa sa šiltom

Sportska unisex šilterica
Iz laganog, udobnog, elastičnog
materijala
Sa zakrivljenim šiltom
Prikladna za sport i slobodno vrijeme

CIJENA:

142,00 KN

[Uredi](#)

Protein.si

NOVO U PRODAJII

Trenirka hlače Ronaldo

Muške trenirka hlače RONALDO
Svestrane i udobne
Prikladne za sport i za slobodno
vrijeme

CIJENA:

213,00 KN

[Uredi](#)

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NOVO U PRODAJII

Protein.si pojas

Fitnes pas
Za sprječavanje "bruha" ili kile
Za zaštitu leđa kod dizanja utega
U kožni i neopren verziji

CIJENA:

110,00 KN

[Uredi](#)

Polleo Sport

23:14

[Dodaj novu objavu](#)

Moje objave

Protein.si

NOVO U PRODAJII

Stretch kapa sa šiltom

Sportska unisex šilterica

Iz laganog, udobnog, elastičnog

materijala

Sa zakrivljenim šiltom

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110,00 KN

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