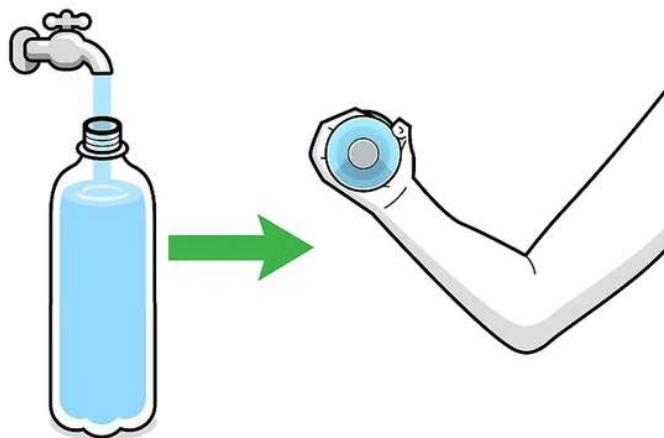
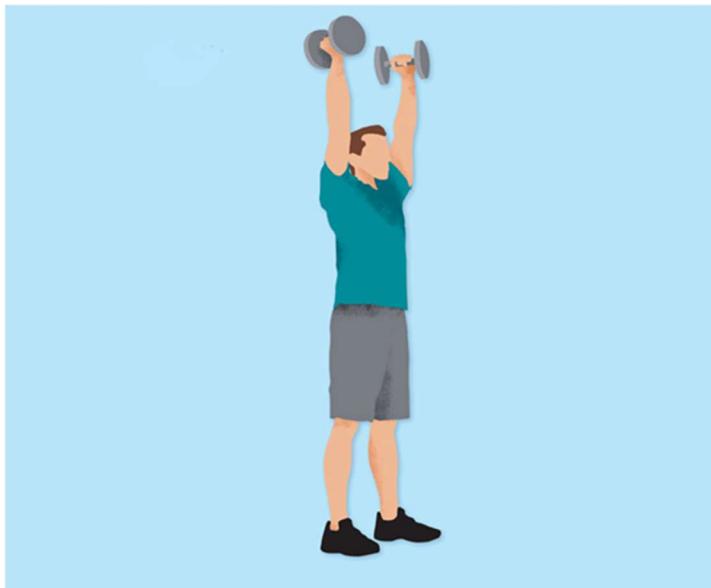


Vježbe oblikovanja utezima

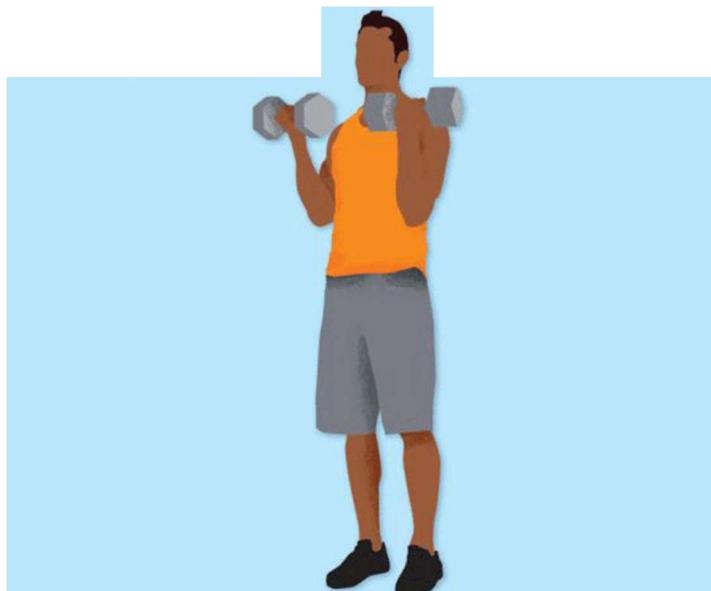


Napuni dvije boce od pola litre vodom



Istovremeno digni boce
iznad glave pa ih spusti na
ramena

– ponovi vježbu 10x



Podigni boce sa savijenim
laktovima u ravninu
ramena pa ih spusti prema
nogama

– ponovi vježbu 10x