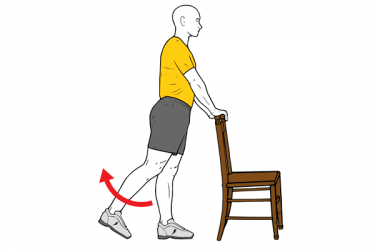
Opis vježbi:

1. Trči od jedne do druge stolice 5 puta

4m

[](https://www.google.hr/url?sa=i&url=https://jysk.hr/blagovaonica/blagov-stolice/blag-stolica-bjert-bukva&psig=AOvVaw3f4izPMuRsHKPBYS_8Sed1&ust=1587397216723000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKCp88zp9OgCFQAAAAAdAAAAABAD) [](https://www.google.hr/url?sa=i&url=https://www.vectorstock.com/royalty-free-vector/funny-cartoon-running-guy-cute-run-boy-jogging-man-vector-8255103&psig=AOvVaw1jGP3Deyh-N5EQJc046Gta&ust=1587397299272000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJjOnfzp9OgCFQAAAAAdAAAAABAV) [](https://www.google.hr/url?sa=i&url=https://jysk.hr/blagovaonica/blagov-stolice/blag-stolica-bjert-bukva&psig=AOvVaw3f4izPMuRsHKPBYS_8Sed1&ust=1587397216723000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKCp88zp9OgCFQAAAAAdAAAAABAD)

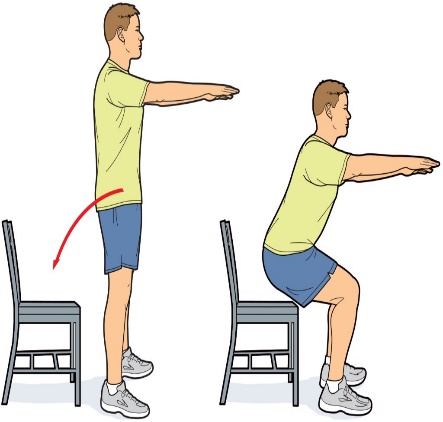
Stani iza stolice. Uhvati se rukama za naslon stolice. Rdi zamahe najprije lijevom nogom unatraške a zatim desnom i broji do 5.

[](https://www.google.hr/url?sa=i&url=https://www.entrenamientos.com/en/ejercicios/extension-cadera-de-pie-apoyado-silla&psig=AOvVaw1pDJcWwvlNy0JtZsjGP1xk&ust=1587400070526000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLDCgp_09OgCFQAAAAAdAAAAABAX)

Sjedni na stolicu i podigni najprije desnu nogu, broji do 5 pa spusti nogu, a zatim to isto učini s lijevom nogom. Ponovi vježbu 5 puta

[](https://www.google.hr/url?sa=i&url=https://www.weightwatchers.com/us/blog/fitness/chair-exercises-for-legs&psig=AOvVaw0M3VsJ2s26LiQ5la_TMo9X&ust=1587399057179000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCODP_eDw9OgCFQAAAAAdAAAAABAL)

Napravi 10 čučnjeva na stolici

[](https://www.google.hr/url?sa=i&url=https://scoutingmagazine.org/2019/02/exercises-you-should-do-every-day/&psig=AOvVaw0M3VsJ2s26LiQ5la_TMo9X&ust=1587399057179000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCODP_eDw9OgCFQAAAAAdAAAAABAE)