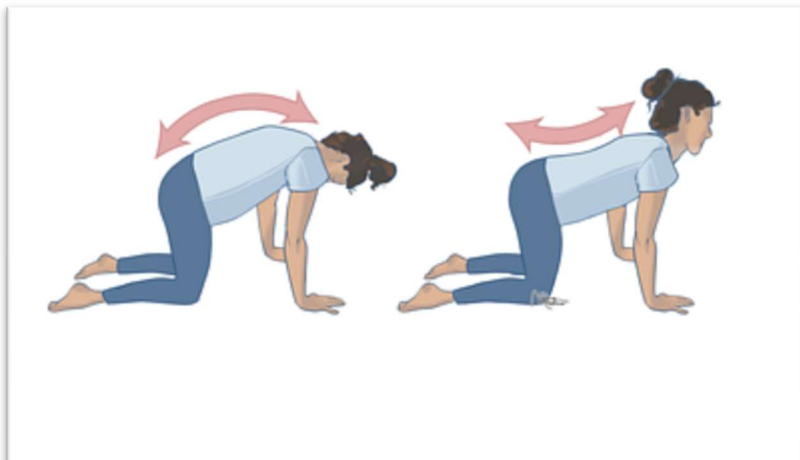
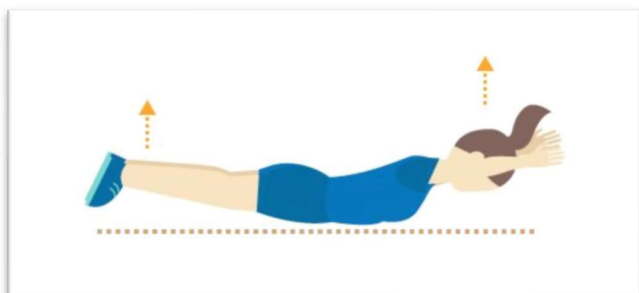


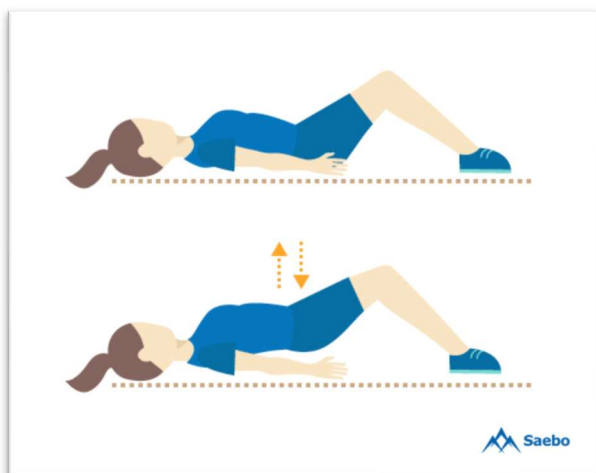
## VJEŽBE NA STRUNJAČI



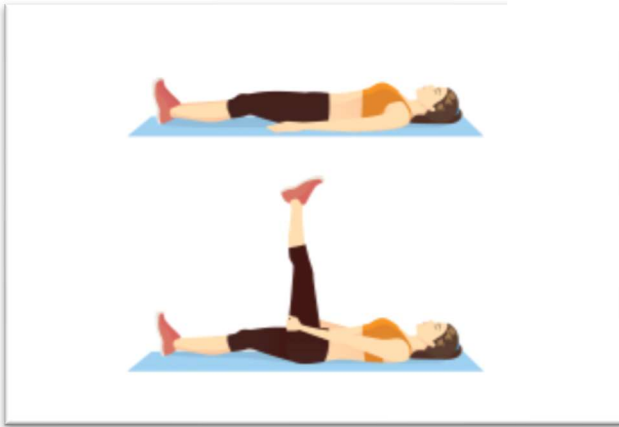
1. U puzećem položaju savij pa izravnavaj leđa.



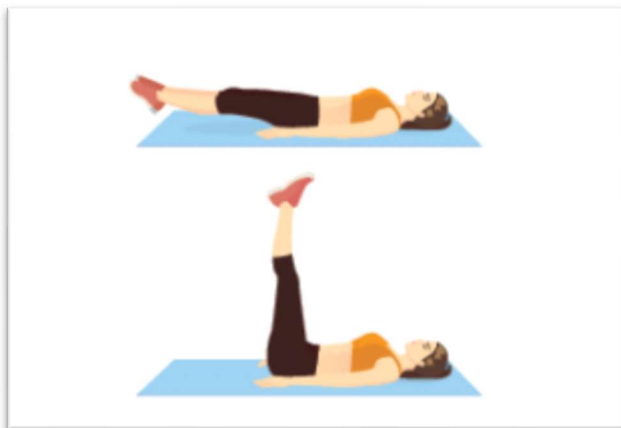
2. Lezi na trbuh - istovremeno digni ruke i noge pa ih spusti.



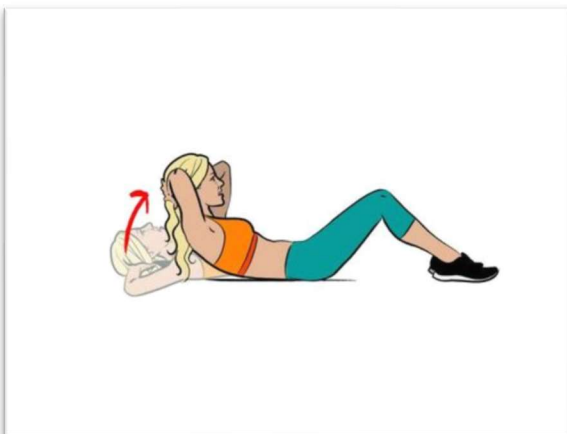
3. Lezi na leđa – podigni stražnjicu od poda pa je spusti.



4. Ležeći na leđima, podiži naizmjenice desnu pa lijevu nogu.



5. Ležeći na leđima, podiži istovremeno lijevu i desnu nogu.



6. Trbušnjaci.

Izvedi svaku vježbu uz barem 10 ponavljanja.