

3 – Dnevni plan treninga (Push, Pull, Legs)

- Push Dan (Prsa, Ramena, Triceps):

1. A) Potisak za prsa (ravni bench press)

<https://www.youtube.com/watch?v=CD5IhpDVxxo>

B) Potisak za prsa na ravnoj klupi sa bučicama

<https://www.youtube.com/watch?v=aPS9dBoOz4I>

C) Chest press sprava široki ili uski хват

https://www.youtube.com/watch?v=4atMPiP_eaY

2. A) Potisak za prsa (kosi bench press)

https://www.youtube.com/watch?v=ZWLTT64bJ_A

B) Potisak za prsa na kojoj klupi sa bučicama

https://www.youtube.com/watch?v=KdEgg_nFppc

3. A) Propadanja na vratilu

<https://www.youtube.com/watch?v=P8Km22RAxok>

B) Kontrakosi bench press sa šipkom ili sa bučicama na kontrakosoj klupi

<https://www.youtube.com/watch?v=AZoNaW0VQX0&pp=ygURa29udHJha29zaSBiZW5jaCA%3D>

4. A) Crosscable fly

<https://www.youtube.com/watch?v=hhruLxo9yZU&pp=ygUOY3Jvc3NjYWJsZSBmbHk%3D>

B) Sklekovi

5. A) Potisak za ramena na smith mašini

<https://www.youtube.com/watch?v=evtRb6cPF-Q&pp=ygUXc2hvdWxkZXIgcHJlc3Mgb24gc21pdGg%3D>

B) Potisak za ramena sa bučicama na ravnoj klupi

https://www.youtube.com/watch?v=6Z15_WdXmVw&pp=ygUVYXJub2xkiHByZXNzIGR1bWJiZWxs

C) Shoulder press mašina

<https://www.youtube.com/watch?v=yqX2WyNf3Nw&pp=ygUgc3BvcnRzYXJ0IHNo b3VsZGVyIHByZXNzIG1hY2hpbmU%3D>

6. A) Lateralno letenje sa bučicama

<https://www.youtube.com/watch?v=s9j5p6vtCms&t=43s&pp=ygUQbGV0ZW5qZSBidWNpY2FtYQ%3D%3D>

B) Lateral raise mašina

https://www.youtube.com/watch?v=drA_VrE8mas&pp=ygUYc3BvcnRzYXJ0IGxhdGVyYWwgcmFkaXNI

C) Lateral raise na Cross Cable

<https://www.youtube.com/watch?v=2OMbdPF7mz4&pp=ygUWbGF0ZjJhbCBYyWl zZSBvbiBjcm9zcw%3D%3D>

7. Triceps DiP
<https://www.youtube.com/shorts/-gG1caF4shk>
 8. Triceps kablo (konop ili triceps nastavak)
<https://www.youtube.com/watch?v=kiuVA0gs3EI&pp=ygUWdHJpY2VwcyBjYWJsZSBvbiBjcm9zcmw%3D%3D>
 9. Propadanja na vratilu / skullcrusher
<https://www.youtube.com/watch?v=jO2Jl9eZpXk&pp=ygUVc2t1bGxjcnVzaGVyIGR1bWJiZWxs>
- Pull Dan (Leđa, Zadnji dio ramena, Biceps):
1. A) Veslanje u pretklonu na smith mašini
<https://www.youtube.com/watch?v=yxCYMNfSnsA&pp=ygUUVmVzbGFuamUgcSBwcmV0a2xvbnUgcmEgc21pdGggWWhFoWluaQ%3D%3D>
B) Mid Row mašina
<https://www.youtube.com/watch?v=AodE2N2fs-o&pp=ygURc3BvcnRzYXJ0IG1pZCByb3c%3D>
C) Veslanje u pretklonu sa bučicama
<https://www.youtube.com/watch?v=hwAeaSYtt2M&pp=ygUUDmVzbGFuamUgc2EgYnVjaWNhbWE%3D>
E) Veslanje na lat mašini
<https://www.youtube.com/watch?v=GZbfZ033f74&t=4s&pp=ygULcm93cyBvbiBsYXQ%3D>
 2. A) Lat pulldown
<https://www.youtube.com/watch?v=MX9slsxe5eg>
B) Lat pulldown Dual
<https://www.youtube.com/watch?v=GMkrijbBWSRU&pp=ygUbc3BvcnRzYXJ0IGR1YWwgbGF0IHB1bGxkb3du>
 3. A) Face Pulls za gornji dio leđa
<https://www.youtube.com/watch?v=0Po47vvj9g4&pp=ygUZZmFjZSBwdWxscyBmb3IgdXBwZXIgaWmFjaw%3D%3D>
B) Mid Row mašina (laktovi podignuti visoko)
<https://www.youtube.com/watch?v=AodE2N2fs-o&pp=ygURc3BvcnRzYXJ0IG1pZCByb3c%3D>
 4. A) Jednoručno veslanje sa bučicama
<https://www.youtube.com/watch?v=roCP6wCXPqo&pp=ygULb25lIGFybSBvbiB3c%3D>
B) Mid Row veslanje jednom rukom
C) Cross Cable veslanje
<https://www.youtube.com/shorts/gp7WRFAMpmc>

5. A) Deadlift – mrtvo dizanje
<https://www.youtube.com/watch?v=94qjgteDJ2g&pp=ygUNbXJ0dm8gZGI6YW5qZQ%3D%3D>
B) Hyperextension – hiperekstenzija
<https://www.youtube.com/watch?v=zQ7sJOH0qVI&t=11s&pp=ygUPaGlwZXJla3N0ZW56aWph>
C) Low back mašina
<https://www.youtube.com/watch?v=5XAuJh66OGo&pp=ygUSc3BvcnRzYXJ0IGxvdyBiYWNR>
 6. A) Zadnje rame sa bučicama
https://www.youtube.com/watch?v=siaX8ZLU_yM&pp=ygUXemFkbmplIHJhbWUgc2EgYnVjaWNhbWE%3D
b) Zadnje rame na pec/rear delt mašini
<https://www.youtube.com/watch?v=6yMdhi2DVao&pp=ygUWcmVhciBkZWx0IG9uIGJ1dHRlcmZseQ%3D%3D>
 7. Trap bar
<https://www.youtube.com/watch?v=Ke5OmublmUU&pp=ygUVaGV4IGJhciBmb3lgdHJhcGV6aXVz>
 8. Biceps Curl mašina ili biceps curl klupa
<https://www.youtube.com/watch?v=dgXxx5syu2s&pp=ygUVc3BvcnRzYXJ0IGJpemVwcyBjdXJs>
 9. Hammer pregib
<https://www.youtube.com/watch?v=zC3nLIEvin4&pp=ygUMaGFtbWVyIGN1cmxz>
 10. Pregib dvoručnom šipkom ili jednoručni biceps sa bučicama – killer
<https://www.youtube.com/watch?v=EtIBsxd3WsQ&pp=ygUYYYmljZXBzIHByZWdpYiBzYSDFoWlwa29t>
- Legs Dan (Noge, Gluteus, Stomak)
1. A) Čučanj na smithu
<https://www.youtube.com/watch?v=G7DJYoY7XZM&t=3s&pp=ygUQY3VjYW5qIG5hIHNTaXRodQ%3D%3D>
B) V squat
<https://www.youtube.com/shorts/GUtOdWu5210>
C) Hack squat
<https://www.youtube.com/watch?v=rYgNArpwE7E&pp=ygUKaGFjayBzcXVhdA%3D%3D>
 2. Nožna ekstenzija - mašina
<https://www.youtube.com/watch?v=2-dTRB2Mn40&pp=ygUXc3BvcnRzYXJ0IGxlZyBleHRlbnNpb24%3D>

3. Zadnja loža – mašina
https://www.youtube.com/watch?v=bYphK_UpQnI&pp=ygUSc3BvcnRzYXJ0IGxIZyBjdXJs
4. Iskorak bučicama
<https://www.youtube.com/watch?v=15mXWHj2UJg&pp=ygUTaXNrb3JhayBzYSBidWNpY2FtYQ%3D%3D>
5. Hip Thrust
<https://www.youtube.com/watch?v=01rcKtWWvwE&pp=ygUSaGlwIHRocnVzdCBtYWNoaW5l>
6. Leg press
https://www.youtube.com/watch?v=94X8ac_Y_fI&pp=ygUUc3BvcnRzIGFydCBsZWcgHJlc3M%3D
7. Adduktor i Abduktor (po želji)
<https://www.youtube.com/watch?v=mSRyx41680k&pp=ygUTc3BvcnRzIGFydCBhZGR1Y3Rvcg%3D%3D>
<https://www.youtube.com/watch?v=Kzt3tmqTHdQ&pp=ygUTc3BvcnRzIGFydCBhYmR1Y3Rvcg%3D%3D>
8. AB Crunch
<https://www.youtube.com/watch?v=jxe0RCiQhsE&pp=ygUTc3BvcnRzIGFydCBhYmR1Y3Rvcg%3D%3D>
9. Rotary Torso
<https://www.youtube.com/watch?v=sSkXzummyCiY&pp=ygUPc3BvcnRzYXJ0IHRvcnNv>