

# 1. Prednji dio noga, stomak, biceps

- 1. Čučanj na smithu ili obični čučanj  
<https://www.youtube.com/watch?v=G7DJYoY7XZM&t=3s&pp=ygUQY3VjYW5qIG5hIH NtaXRodQ%3D%3D>
- 2. Leg press  
[https://www.youtube.com/watch?v=94X8ac\\_Y fl&pp=ygUUc3BvcnRzIGFydCBsZWcgHJlc3M%3D](https://www.youtube.com/watch?v=94X8ac_Y fl&pp=ygUUc3BvcnRzIGFydCBsZWcgHJlc3M%3D)
- 3. V Squat  
<https://www.youtube.com/shorts/GUtOdWu5210>
- 4. Hack Squat  
<https://www.youtube.com/watch?v=rYgNArpwE7E&pp=ygUKaGFjayBzcXVhdA%3D%3D>
- 5. Nožna ekstenzija  
<https://www.youtube.com/watch?v=2-dTRB2Mn40&pp=ygUXc3BvcnRzYXJ0IGxlZyBleHRlbnNpb24%3D>
- 6. Iskorak  
<https://www.youtube.com/watch?v=15mXWHj2UJg&pp=ygUTaXNrb3JhayBzYSBidWNpY2FtYQ%3D%3D>
- 7. Adduktor  
<https://www.youtube.com/watch?v=mSRyx41680k&pp=ygUTc3BvcnRzIGFydCBhZGR1Y3Rvcg%3D%3D>
  - 8. Biceps curl + hammer pregib  
<https://www.youtube.com/watch?v=dgXxx5syu2s&pp=ygUVc3BvcnRzYXJ0IGJpemVwcyBjdXJs>  
<https://www.youtube.com/watch?v=zC3nLIEvin4&pp=ygUMaGFtbWVYIGN1cmxz>
- 9. Ab crunch mašina ili neke vježbe po izboru  
<https://www.youtube.com/watch?v=jxe0RCiQhsE&pp=ygUTc3BvcnRzIGFydCBhYmR1Y3Rvcg%3D%3D>

## 2. Gornji dio tijela - Prsa, Ramena, Leđa

- Lat mašina  
<https://www.youtube.com/watch?v=GMkrjbBWSRU&pp=ygUbc3BvcnRzYXJ0IGR1YWwgbGF0IHB1bGxkb3du>

- **Mid Row**  
<https://www.youtube.com/watch?v=AodE2N2fs-o&pp=ygURc3BvcnRzYXJ0IG1pZCByb3c%3D>
  - **Chest press**  
[https://www.youtube.com/watch?v=4atMPiP\\_eaY](https://www.youtube.com/watch?v=4atMPiP_eaY)
  - **Butterfly**  
<https://www.youtube.com/watch?v=cYr2N6UadTQ&pp=ygUUc3BvcnRzIGFydCBidXR0ZXJmbHk%3D>
  - **Shoulder press**  
<https://www.youtube.com/watch?v=yqX2WyNf3Nw&pp=ygUgc3BvcnRzYXJ0IHNo3VsZGVyIHByZXNzIG1hY2hpbmU%3D>
  - **Lateral raise**  
[https://www.youtube.com/watch?v=drA\\_VrE8mas&pp=ygUYc3BvcnRzYXJ0IGxhdGVyYUwgcmFkaXNI](https://www.youtube.com/watch?v=drA_VrE8mas&pp=ygUYc3BvcnRzYXJ0IGxhdGVyYUwgcmFkaXNI)
- 3. Gluteus, zadnja loža, stomak**
- **Široki čučanj**  
<https://www.youtube.com/shorts/koK77opfjuk>
  - **Hip thrust mašina**  
<https://www.youtube.com/watch?v=01rcKtWWvwE&pp=ygUSaGlwIHRocnVzdCBtYWNoaW5l>
  - **Zadnja loža – Leg Curl**  
[https://www.youtube.com/watch?v=bYphK\\_UpQnI&pp=ygUSc3BvcnRzYXJ0IGxIZyBjdXJs](https://www.youtube.com/watch?v=bYphK_UpQnI&pp=ygUSc3BvcnRzYXJ0IGxIZyBjdXJs)
  - **Gluteus kick mašina ili kick na Crossover-u**  
<https://www.youtube.com/watch?v=NYS-2ztx0UU&pp=ygUUc3BvcnRzYXJ0IGdsdXRlIGtpY2s%3D>
  - **Rumunjsko dizanje**  
[https://www.youtube.com/watch?v=gSFjn\\_DXvTc&pp=ygURcnVtdW5qc2tvIGRpemFumU%3D](https://www.youtube.com/watch?v=gSFjn_DXvTc&pp=ygURcnVtdW5qc2tvIGRpemFumU%3D)
  - **Deadlift / Rackpull / hiperekstenzija/ Low back mašina**  
<https://www.youtube.com/watch?v=uZWYBh1Kz-M&t=2s&pp=ygUSc3BvcnRzYXJ0IGxvdyBiYWNR>
  - **Rotary Torso**  
<https://www.youtube.com/watch?v=sSkXzummyCiY&pp=ygUPc3BvcnRzYXJ0IHRvcnNv>