

1. Prsa, biceps

- Ravni bench press na klupi / sa bučicama ili na Smith mašini
<https://www.youtube.com/watch?v=CD5IhpDVxxo>
- Kosi bench press na klupi / sa bučicama ili na Smith mašini
https://www.youtube.com/watch?v=ZWLTT64bJ_A
- Kontrakosi bench press na klupi / sa bučicama ili na Smith mašini
<https://www.youtube.com/watch?v=AZoNaW0VQX0&pp=ygURa29udHJha29zaSBiZW5jaCA%3D>
- Chest press mašina uski ili široko hvat
https://www.youtube.com/watch?v=4atMPiP_eaY
- Cross Cable fly od gore ili dole
<https://www.youtube.com/watch?v=hhruLxo9yZU&pp=ygUOY3Jvc3NjYWJsZSBmbHk%3D>
- Pec fly na mašini
<https://www.youtube.com/watch?v=cYr2N6UadTQ&pp=ygUUc3BvcnRzIGFydCBidXR0ZXJmbHk%3D>
- Pullover mašina
<https://www.youtube.com/watch?v=nh7NnqG2UH4&pp=ygUSc3BvcnRzYXJ0IHb1bGxvdmVy>
- Biceps curl na mašini ili na klupi
<https://www.youtube.com/watch?v=dgXxx5syu2s&pp=ygUVc3BvcnRzYXJ0IGJpemVwcyBjdXJs>
- Hammer pregib na crossu / bučicama / dvoručna šipka
<https://www.youtube.com/watch?v=zC3nLIEvin4&pp=ygUMaGFtbWVvYGN1cmxz>
- Biceps na cross cablu jednoručno ili sa nekim od nastavaka
<https://www.youtube.com/shorts/fsXt4hmaSwc>

2. Leđa, triceps

- Deadlift
<https://www.youtube.com/shorts/vfKwjT5-86k>
- Low Back
<https://www.youtube.com/watch?v=dQ5LVldZdWs&pp=ygUOc3BvcnRzYXJ0IGJhY2s%3D>
- Mid Row lakat uz tijelo
<https://www.youtube.com/watch?v=AodE2N2fs-o&pp=ygURc3BvcnRzYXJ0IG1pZCByb3c%3D>

- Lat mašina obična ili dual
<https://www.youtube.com/watch?v=SALxEARiMkw&pp=ygULbGF0IG1hY2hpbmU%3D>
- Obrnuti lat
<https://www.youtube.com/watch?v=SALxEARiMkw&pp=ygULbGF0IG1hY2hpbmU%3D>
- Face pulls ili Mid Row lakat podignut u visoko
<https://www.youtube.com/shorts/DVxfKB0BnIY>
- Triceps skull crusher
https://www.youtube.com/watch?v=d_KZxkY_0cM&t=3s&pp=ygUOc2t1bGwgY3J1c2hlc3M%3D
- Triceps dip
<https://www.youtube.com/shorts/-gG1caF4shk>
- Triceps na crossover-u sa konopcem ili nekim od nastavaka
<https://www.youtube.com/watch?v=fM5aBArUU4Y&pp=ygUXdHJpY2VwcyBuYSBjcm9zcyBtYXNpbmk%3D>

<https://www.youtube.com/watch?v=fM5aBArUU4Y&pp=ygUXdHJpY2VwcyBuYSBjcm9zcyBtYXNpbmk%3D>

3. Ramena, stomak

- Rameni potisak na Smithu ili bučicama
https://www.youtube.com/watch?v=6Z15_WdXmVw&pp=ygUMYXJub2xkiHByZXNz
- Shoulder press
<https://www.youtube.com/watch?v=yqX2WyNf3Nw&pp=ygUXc3BvcnRhc3M%3D>
- Lateral raise našina
<https://www.youtube.com/watch?v=0Oa8fgR41AQ&pp=ygUQc3BvcnRhc3M%3D>
- Lateral sa bučicama ili na crossover-u
<https://www.youtube.com/shorts/JIhbYYA1Q90>
- Rear Delt mašina ili bučicama
<https://www.youtube.com/shorts/vJYkqD7a0gM>
- Trapez bar
<https://www.youtube.com/watch?v=Ke5OmublmUU&pp=ygUOaGV4IGJhcnB0cmFwZXo%3D>
- AB crunch mašina ili neke vježbe po izboru
<https://www.youtube.com/watch?v=jxe0RCiQhsE&pp=ygUSc3BvcnRhc3M%3D>

- Rotary torso
<https://www.youtube.com/watch?v=5Kg7nD3-rKk&pp=ygUVc3BvcnRhcnQgcm90YXJ5IHRvcnNv>

4. Noge i gluteus

- Čučanj
<https://www.youtube.com/watch?v=E374izHLDL4&pp=ygUGY3VjYW5q>
- Hip Thrust
<https://www.youtube.com/watch?v=UVucPKyQVLU&pp=ygUSaGlwIHRocnVzdCBtYWNoaW5l>
- Leg press
<https://www.youtube.com/watch?v=jqSoFtjzD8E&pp=ygUTc3BvcnRzYXJ0IGxlZyBwcmVzcmw%3D%3D>
- Nožna ekstenzija- Leg extension
<https://www.youtube.com/watch?v=2-dTRB2Mn40&pp=ygUXc3BvcnRzYXJ0IGxlZyBleHRlbnNpb24%3D>
- Zadnja loža – Leg curl
https://www.youtube.com/watch?v=bYphK_UpQnI&pp=ygUSc3BvcnRzYXJ0IGxlZyBjdXJs
V Squat ili Hack Squat
<https://www.youtube.com/shorts/GUtOdWu5210>
- <https://www.youtube.com/watch?v=rYgNArpwE7E&pp=ygUKaGFjayBzcXVhdA%3D%3D>
- Iskoraci – po potrebi
<https://www.youtube.com/watch?v=15mXWHj2UJg&pp=ygUTaXNrb3JhayBzYSBidWNpY2FtYQ%3D%3D>
- Gluteus kick mašina
<https://www.youtube.com/watch?v=NYS-2ztx0UU&pp=ygUUc3BvcnRzYXJ0IGdsdXRlIGtpY2s%3D>
- Adduktori i abduktori – po potrebi
<https://www.youtube.com/watch?v=mSRyx41680k&pp=ygUTc3BvcnRzIGFydCBhZGR1Y3Rvcg%3D%3D>
<https://www.youtube.com/watch?v=Kzt3tmqTHdQ&pp=ygUTc3BvcnRzIGFydCBhZmR1Y3Rvcg%3D%3D>