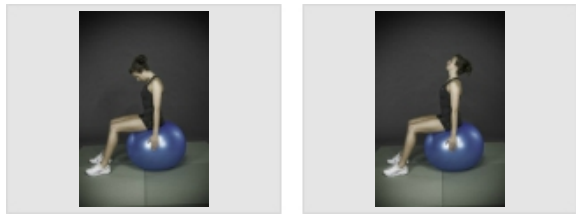
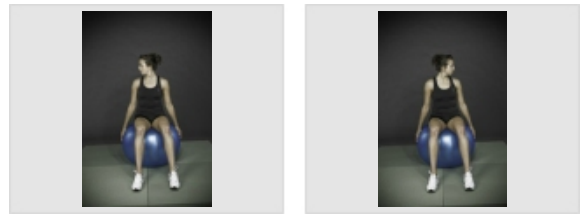


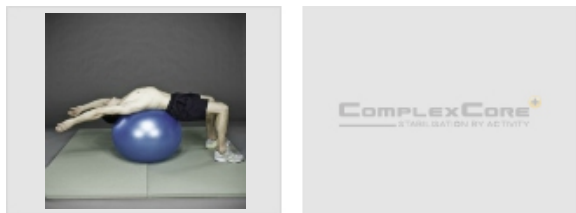
Name: Fitness
Training: Fitlopta_stabilizácia
Created by: jan hianik



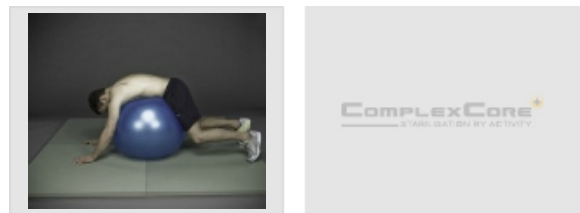
01 Pomalý predklon záklon (krčná chrbtica) 8 + 8



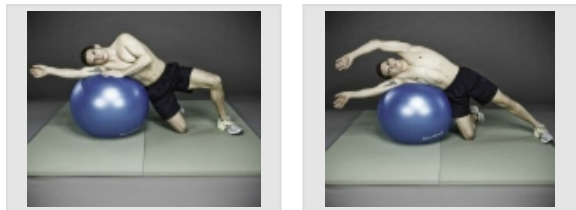
02 Pomalé úklony krkom do strán (8 + 8)



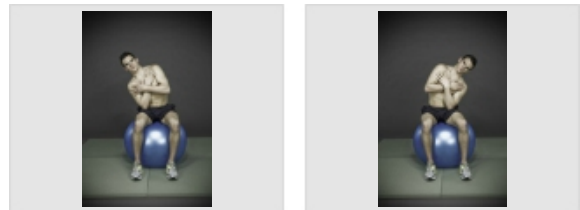
03 Mobilizácia chrbta, 30 sek ostat v polohe



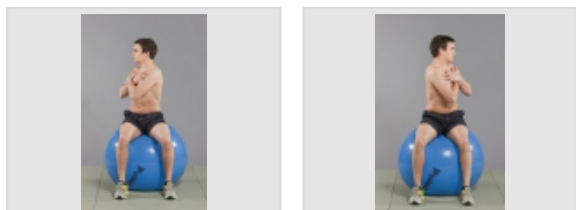
04 Mobilizácia brucha, 30 sek ostat v polohe



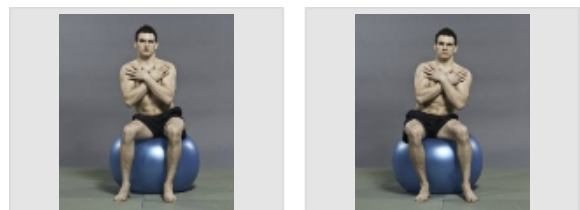
05 Mobilizácia bočného svalstva, hornou končatinou pomaly vzpažovať (30 sek. jedna strana)



06 Mobilizácia v rotácii - pomalé úklony (8+8)



07 Mobilizácia v rotácii - vytocenia vpravo, vľavo (8+8)



08 Mobilizácia panvy - krúženie panvou 8 x vľavo, 8 x vpravo)

Name: Fitness
Training: Fitlopta_stabilizácia
Created by: jan hianik

Prvá séria



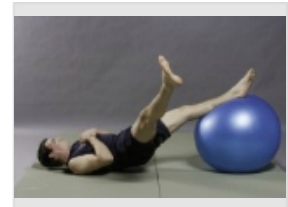
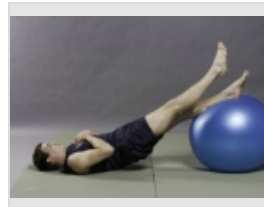
09 Brucho - ruky pri hlave, striedavo predklon P-L 16 opak.



10 Chrbát - výdrž 30 sek, ruky aj v prekrížení na tele



11 Bok - unožiť s 30 sek výdržou

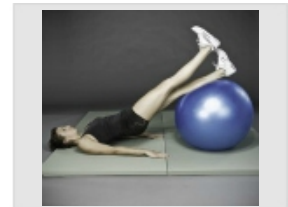


12 Komplex - unožiť striedavo P-L 12 - 12

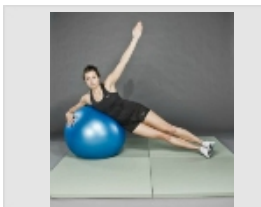
Druhá séria



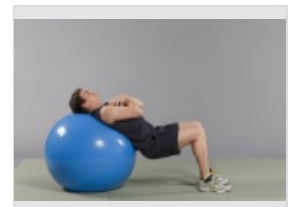
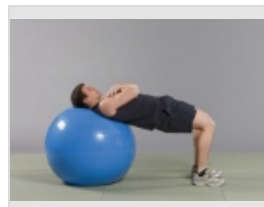
13 Brucho striedavo pomaly vzpaž - pripaž 20 x (použiť jednoručne male cinky)



14 Chrbát - striedavo prednožiť s výdržou P-L (8 + 8 x)



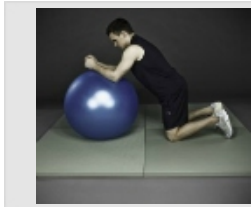
15 Bok - upažiť a unožiť (každá strana 30 sek.



16 Komplex - lah na chrbte skríž ruky, panva hore - dole (16 opakovaní)

Name: Fitness
Training: Fitlopta_stabilizácia
Created by: jan hianik

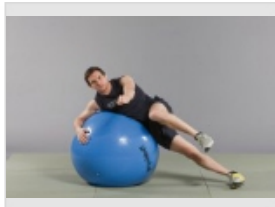
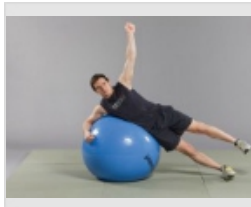
Tretia séria



17 Brucho Opriet o lakte, zvihni boky s výdržou (2 x 30 sek)



18 Chrbát - pomalé základy (8 + 8 x)



19 Bok ruka - koleno k sebe (na každú stranu 8 x)

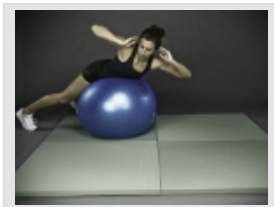
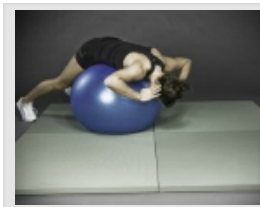


20 Komplex ruky v bok striedavo prednožit P-L (8 + 8)

Štvrtá séria



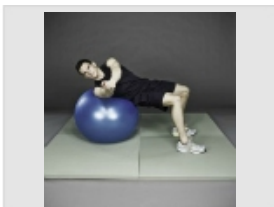
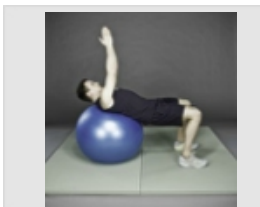
21 Brucho - prichyt loptu nohami (16 x)



22 Chrbát - záklon s rotáciou (8 + 8 x)



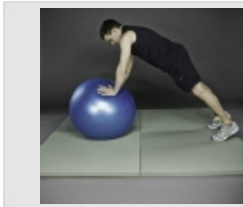
23 Bok - jedna noha 8 x pokrcená prednož, zanož, druha noha 8 x)



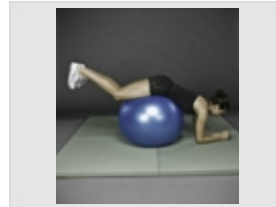
24 Komplex - Spoj ruky, vytocit do strany, P-L 16 x)

Name: Fitness
Training: Fitlopta_stabilizácia
Created by: Jan Hianik

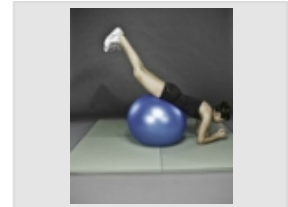
Piata séria



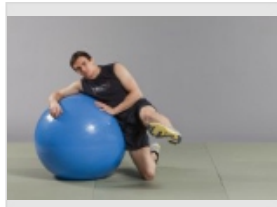
25 Brucho - Kluk, rolovať na lakte (8 x)



26 Chrbát Ruky na laktoch zanožovať obidvomi nohami (8 x)



27 Bok prednožovať vystretou nohou (8 x každá noha)



28 Komplex - balancovanie na jednej ruke (2 x 30 sek.)

