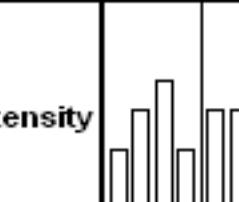
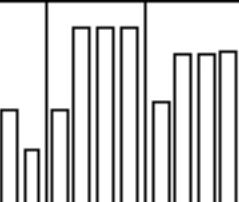
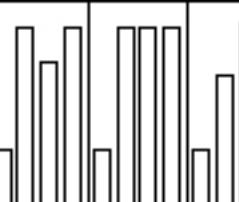
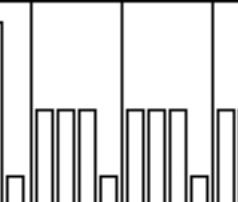
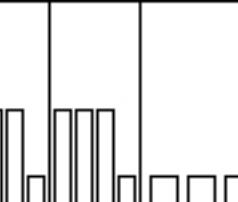
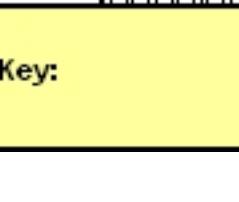
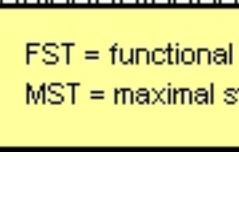
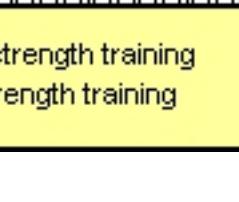
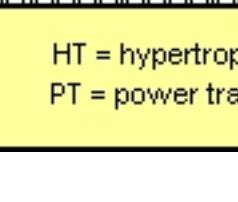
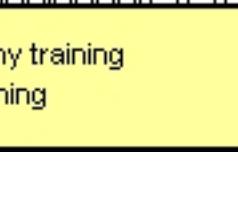


KOJE SU SPECIFICNOSTI TRENINGA SNAGE KOD SPORTISTA

Napisao Arnautovic Aleksandar

CILJ OVOG TEKSTA JE DA NASE CITAOCE UPOZNA SA TIM KOJE SU SPECIFICNOSTI U DIZAJNU TRENINGA SNAGE ZA SPORTISTE.POD TERMINOM SPORTISTA,MISLI SE PRVENSTVENO NA ONE SPORTISTE KOJI NISU IZ TZV.SPORTOVA SNAGE,VEC IZ SPORTSKIH IGARA KAO TENIS,,FUTBAL,KOSARKA,RUKOMET,ODBOJKA,HOKEJ ISL.

12-Month Football Strength Training Program												
Month	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Phase	Off-season							In-season			Transition	
Macro-cycle	FST 3-4 x week	HT 3-4 x week	MST 3-4 x week	PT 2 x week ----- MST 1 x week ----- HT 1 x week	HT 2-3 x week ----- MST 1-2 x week	MST 2-3 x week ----- HT 1-2 x week	PT 2-3x week ----- MST 1x week	PT 1 x week ----- MST/HT 1 x week			Rest	
Intensity												
Key:	FST = functional strength training MST = maximal strength training					HT = hypertrophy training PT = power training						

Ideje,principi i metode treninga snage dolaze iz razlicitih izvora.Neki od tih izvora su :olimpijsko dizanje tegova,powerlifting,strongman,bodibilding,atletika(trening bacaca,sprintera,skakaca) i rehabilitacija(fizikalna terapija,kineziterapija).

Svaki od ovih sest izvora ima vlastite specificnosti u treningu snage.Kod olimpijskih dizaca

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tegova ,koji se takmice u dve vezbe:nabacaju I izbacaju,I trzaju,trening snage se prvenstveno sastoji od izvodjenja takmicarskih vezbi I njihovih varijacija,pa I cucnja.Powerlifteri se takmice u tri vezbe,a to su cukanj,benc I mrtvo dizanje,te je njihov trening snage prvenstveno namenjen poboljsanju rezultata u te tri vezbe.Strongmen takmicari se takmice u raznoraznim nosenjima,bacanjima,prevrtanjima,pa se njihov trening snage sprovodi sa ciljem poboljsanja tih aktivnosti u kojima se takmice.Bodibilderi se takmice u estetici,njihov cilj je estetske prirode.Atleticari iz disciplina kao sto su bacanje kugle,sprint,skok u dalj su razvili takve metode treninga snage koje im omogucuju da poprave rezultat u svojoj discipline.Rehabilitacija koristi takodje trening snage sa ciljem das to pre osposobi povredjenog za normalan rad I zivot,odnosno sportistu za povratak na takmicenje I normalan trening.

Cilj ovog teksta nije da vredja sportiste iz navedenih izvora,vec da upozori na to da su ciljevi navedenih izvora razliciti,a samim time I metode njihovog rada,te da je mehanicko koristenje njihova ideja,principa I metoda kod treninga sportista veoma limitirajuce I ponekad opasno po sportistu.Resenje ovog problema je da kondicioni treneri moraju da razviju poseban sistem treninga snage za sportiste,svojevrstan njihovim ciljevima I potrebama,uvazavajuci I dostignuca iz pomenutih izvora.

Free-Weight Strengthening for VOLLEYBALL

Pre-Weights Warm-up

Always warm up the muscles with some form of heat, rhythmic exercise before weight training.

Some suggested pre-weight warm-ups are:

- Jump jacks for 5 to 10 minutes, or
- Exercises like for 5 to 8 minutes, or
- Jump rope for 5 to 8 minutes.

Training Tips

1. Check with your health-care professional before beginning this or any other exercise program.
2. Use heavy weight, always have someone check who can assist you, if necessary.
3. Exhale when performing the lifting phase of the exercise, inhale while lowering the weight.
4. Breathe your lungs back from over-inflated position by breathing slowly, returning abdominal muscles, and relaxing the back area.
5. Always allow one day of rest (no weight training) between workouts so that muscle tissue has sufficient time for repair.

Directions for Exercise

1. Do the exercises in the order shown.
2. Study the position of each figure before performing each exercise.
3. Lift smoothly for a 2 second count, then pause and return to the starting position on a 4 second count; please the time of the exercise indicates alternating.
4. Start from fully extended position and end in fully contracted position.
5. Never jerk or raise the weight from one position to another.
6. When an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to the other side.

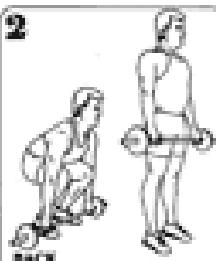
1



ARM

ROTATING CROWNS
Bending and straightening of waist, position an opposite side on one side. Repeat to other side.

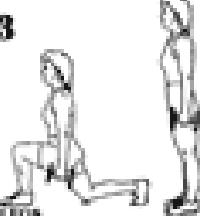
2



BACK

LAT'S LOW Standard Deadlift
With weight from starting position, keeping head up and back straight.

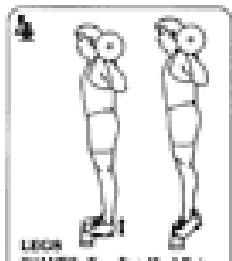
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LEGS

GILLY'S Lounge
With legs shoulder width apart, head up and back straight, step forward bending the leg until thigh is parallel to floor. Return and alternate legs.

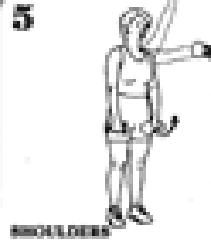
4



LEGS

CALVARS Standing Heel Raise
With knee bent, toes up on toes as high as possible.

5



SHOULDERS

Front Deltoid Alternating Raise
With dumbbell with lifted arm in overhead position. Return to start and alternate arms.

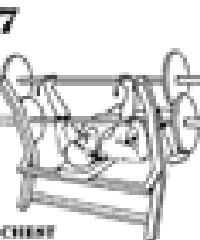
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BACK

LAT'S One Arm Bent Over Row
From starting position, pull dumbbell to side of chest. Repeat to other side.

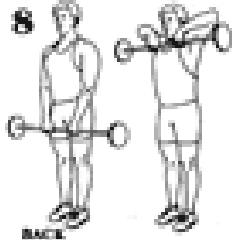
7



CHEST

STRAIGHT Press
From starting position using wide grip lower bar to chest while keeping elbows out away from body.

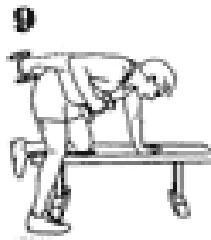
8



BACK

TRAPS Upright Row
With close grip, pull bar up to chin keeping elbow high.

9



ARMS

TRICEPS Bar Over Kickback
Straight arm kickback to above locked position. Repeat to other side.

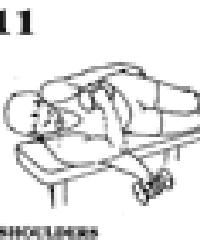
10



ARMS

BUCKS
Bending Alternating Curl
Keeping arms close to body, curl one arm to shoulder and back to straight arm position. Alternate arms.

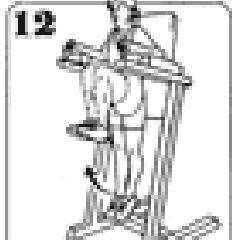
11



SHOULDERS

Anterior Shoulder Rotation
From starting position, rotate arm upward until dumbbell touches chest. Repeat to other side.

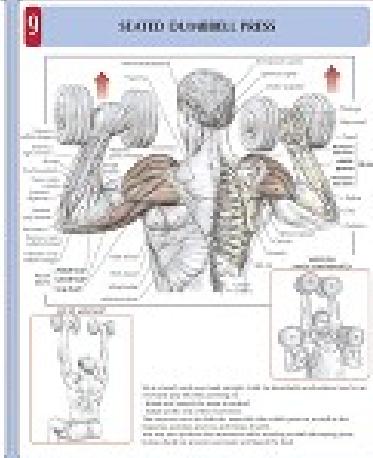
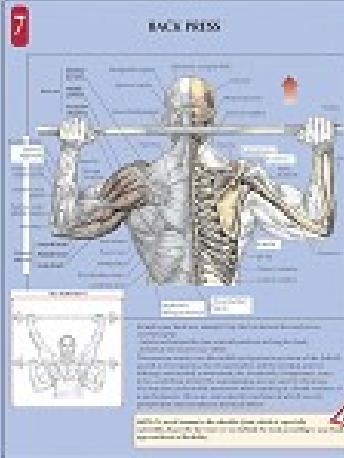
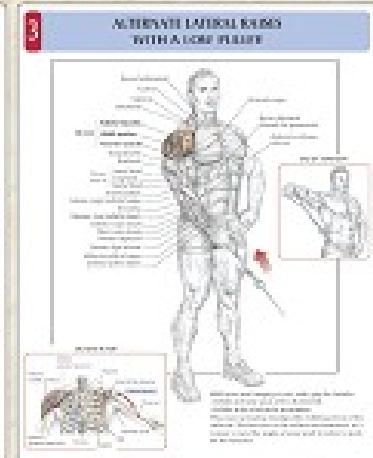
12



ARMS

High Pulse Shoulder Arms Raise
Bending legs, pull knees toward chest.

STRENGTH TRAINING FOR THE SHOULDERS



KOJE SU SPECIFICNOSTI TRENINGA SNAGE KOD SPORTISTA

Napisao Arnautovic Aleksandar

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Program 1 (Mon & Thu)					
Overhead Squats	60% 1-RM 3sets x 12reps	60% 4x12	70% 4x10	60% 3x12	70% 4x10	80% 4x8
Deadlifts	60% 1-RM 3sets x 8reps	60% 4x8	70% 4x8	60% 4x8	60% 4x8	70% 4x8
Leg Curls	60% 1-RM 3sets x 10reps	60% 4x10	70% 4x8	60% 4x10	60% 4x10	70% 4x8
Lat Pull Downs	60% 1-RM 3sets x 12reps	60% 4x12	70% 4x10	60% 3x12	70% 4x10	80% 4x8
Seated Rows	60% 1-RM 3sets x 10reps	60% 4x12	70% 4x10	60% 3x12	70% 4x10	80% 4x8
Cal Raises	60% 1-RM 3sets x 15reps	60% 4x15	70% 4x12	60% 3x15	70% 4x12	80% 4x10
Prisoner Curls	60% 1-RM 3sets x 12reps	60% 4x12	70% 4x10	60% 3x12	70% 4x10	80% 4x8

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PETAR PETROVIC

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I REKREATIVCE**

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