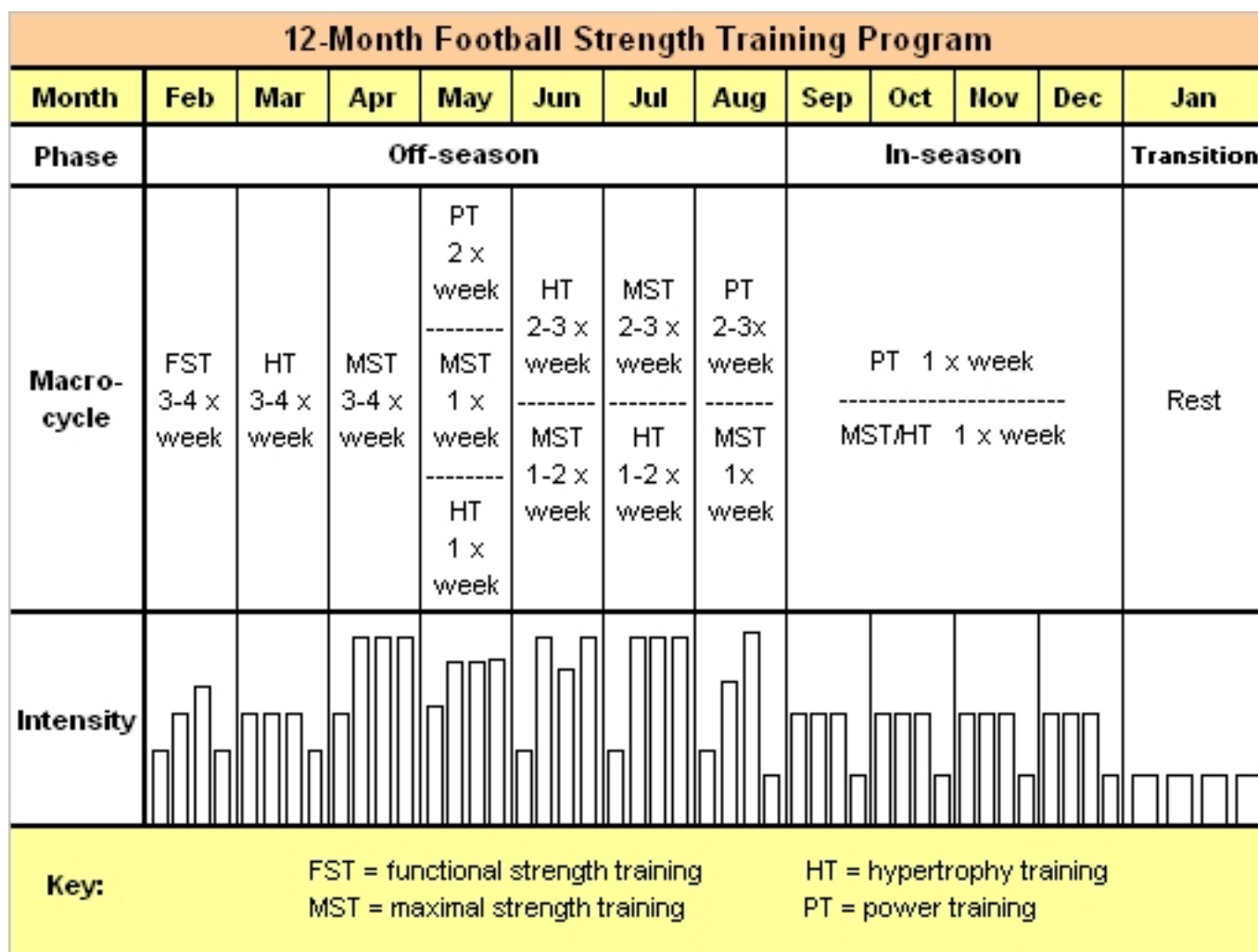


KOJE SU SPECIFICNOSTI TRENINGA SNAGE KOD SPORTISTA

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.



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 cucanj,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,svojevrsan njihovim ciljevima I potrebama,uvazavajući I dostignuca iz pomenutih izvora.

Free-Weight Strengthening for
VOLLEYBALL

Pre-Weights Warm-up

Always warm up the muscles with some form of mild, rhythmic exercise before weight training.
Some suggested pre-weight warm-ups are:

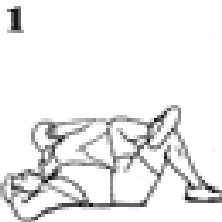
- Jog lightly for 5 to 8 minutes, or
- Exercise bike for 1 to 8 minutes, or
- Jump rope for 5 to 8 minutes.

Training Tips

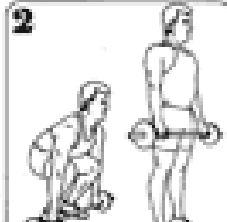
1. Check with your health-care professional before beginning this or any other exercise program.
2. Use heavy weight, always have someone close by who can assist you if necessary.
3. Exhale when performing the lifting phase of the exercise, inhale while lowering the weight.
4. Protect your lower back from stress whenever possible by bending knees, keeping abdominal muscles, and following the back arc.
5. Always allow one day of rest (no weight training) between workouts so that muscle tissue has sufficient time to repair.

Directions for Exercises

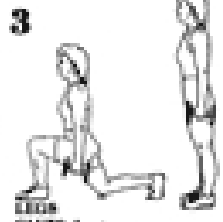
1. Do the exercises in the order shown.
2. Study the position of each figure before performing each exercise.
3. Lift smoothly on a 2 second count, then pause and return to the starting position on a 4 second count, unless the title of the exercise indicates otherwise.
4. Start from fully stretched position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



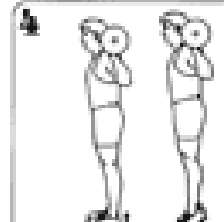
1
ABS
Twisting Crunch
Bending and twisting at waist, perform all repetitions on one side. Repeat to other side.



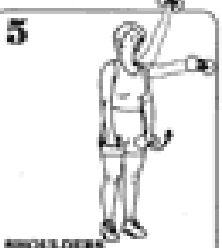
2
BACK
LOW Backward Dumbbell
Lift weight from starting position, keeping head up and back straight.



3
LEGS
GLUTE Leg
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.



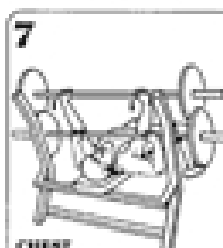
4
LEGS
CALVES Standing Heel Raise
With knees locked, raise up on toes as high as possible.



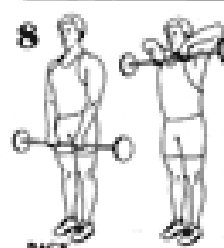
5
SHOULDER
Front Deltoid Shoulder Raise
Raise dumbbell with locked arm to overhead position. Return to start and alternate arms.



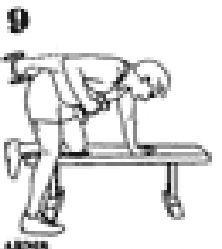
6
BACK
LATS One Arm Row One Row
From starting position, pull dumbbell to side of chest. Repeat to other side.



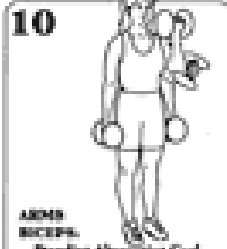
7
CHEST
Back Press
From starting position using wide grip, lower bar to chest while keeping elbows out away from body.



8
BACK
TRAPS Upright Row
With close grip, pull bar up to chin keeping elbows high.



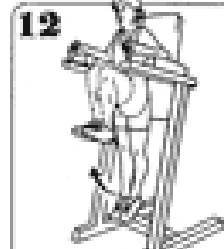
9
ARMS
TRICEPS Bent Over Dumbbell
Straighten arm backward to allow locked position. Repeat to other side.



10
ARMS
BICEPS Standing Shoulder Curl
Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



11
SHOULDER
Lateral Shoulder Rotation
From starting position, rotate arm upward until dumbbell touches chest. Repeat to other side.



12
ABS
Fly Floor Dumbbell Row Raise
Bending legs, pull knees toward chest.

STRENGTH TRAINING FOR THE SHOULDERS

1 LATERAL RAISES

...the deltoid muscle is the primary muscle responsible for the abduction of the arm at the shoulder joint. The trapezius muscle, particularly the middle and lower fibers, also plays a significant role in stabilizing the shoulder joint during this movement. The posterior deltoid is primarily responsible for the extension of the arm at the shoulder joint.

2 ALTERNATE FRONT RAISES

...the anterior deltoid is the primary muscle responsible for the flexion of the arm at the shoulder joint. The trapezius muscle, particularly the upper and middle fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

3 ALTERNATE LATERAL RAISES WITH A LIGHT DUMBBELL

...the deltoid muscle is the primary muscle responsible for the abduction of the arm at the shoulder joint. The trapezius muscle, particularly the middle and lower fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

4 BENT-OVER LATERAL RAISES

...the deltoid muscle is the primary muscle responsible for the abduction of the arm at the shoulder joint. The trapezius muscle, particularly the middle and lower fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

5 BARBELL FRONT RAISES

...the anterior deltoid is the primary muscle responsible for the flexion of the arm at the shoulder joint. The trapezius muscle, particularly the upper and middle fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

6 SEATED ANTERIOR DUMBBELL RAISES

...the anterior deltoid is the primary muscle responsible for the flexion of the arm at the shoulder joint. The trapezius muscle, particularly the upper and middle fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

7 BACK PRESS

...the posterior deltoid is the primary muscle responsible for the extension of the arm at the shoulder joint. The trapezius muscle, particularly the upper and middle fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

8 FRONT PRESS

...the anterior deltoid is the primary muscle responsible for the flexion of the arm at the shoulder joint. The trapezius muscle, particularly the upper and middle fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

9 SEATED DUMBBELL PRESS

...the anterior and posterior deltoids are the primary muscles responsible for the extension and flexion of the arm at the shoulder joint, respectively. The trapezius muscle, particularly the upper and middle fibers, also plays a significant role in stabilizing the shoulder joint during this movement.

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Sample Loading Pattern Over a 6 Week Phase						
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	80% 4 x 12	70% 4 x 10	80% 3 x 12	70% 4 x 10	80% 4 x 8
Deadlifts	80% 1-RM 3sets x 8reps	80% 4 x 8	70% 4 x 8	80% 4 x 8	80% 4 x 8	70% 4 x 8
Leg Curls	60% 1-RM 3sets x 10reps	60% 4 x 10	70% 4 x 8	60% 4 x 10	60% 4 x 10	70% 4 x 8
Lat Pull Downs	60% 1-RM 3sets x 12reps	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 10	80% 4 x 8
Seated Rows	80% 1-RM 3sets x 12reps	80% 4 x 12	70% 4 x 10	80% 3 x 12	70% 4 x 10	80% 4 x 8
Calf Raises	60% 1-RM 3sets x 15reps	60% 4 x 15	70% 4 x 12	60% 3 x 15	70% 4 x 12	80% 4 x 10
Preacher Curls	60% 1-RM 3sets x 12reps	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 10	80% 4 x 8
Program 2 (Tue & Fri)						
Bench Presses	60% 1-RM 3sets x 12reps	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 10	80% 4 x 8
Military Presses	60% 1-RM 3sets x 12reps	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 10	80% 4 x 8
Shoulder Shrugs	60% 1-RM 3sets x 12reps	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 10	80% 4 x 8
Lateral Raises	60% 1-RM 3sets x 10reps	60% 4 x 10	70% 4 x 8	60% 3 x 10	70% 4 x 8	80% 4 x 8
Ticeps Extensions	60% 1-RM 3sets x 12reps	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 10	80% 4 x 8
Twisted Crunches	3sets x 15reps	3 x 18	4 x 15	3 x 18	4 x 15	4 x 20
Double Crunches	3sets x 15reps	3 x 18	4 x 15	3 x 18	4 x 15	4 x 20

SVE O TRENINGU, ISHRANI, SUPLEMETACIJU NA NAŠEM BLOG-U
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SVE ZA SPORTISTE I REKREATIVCE

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