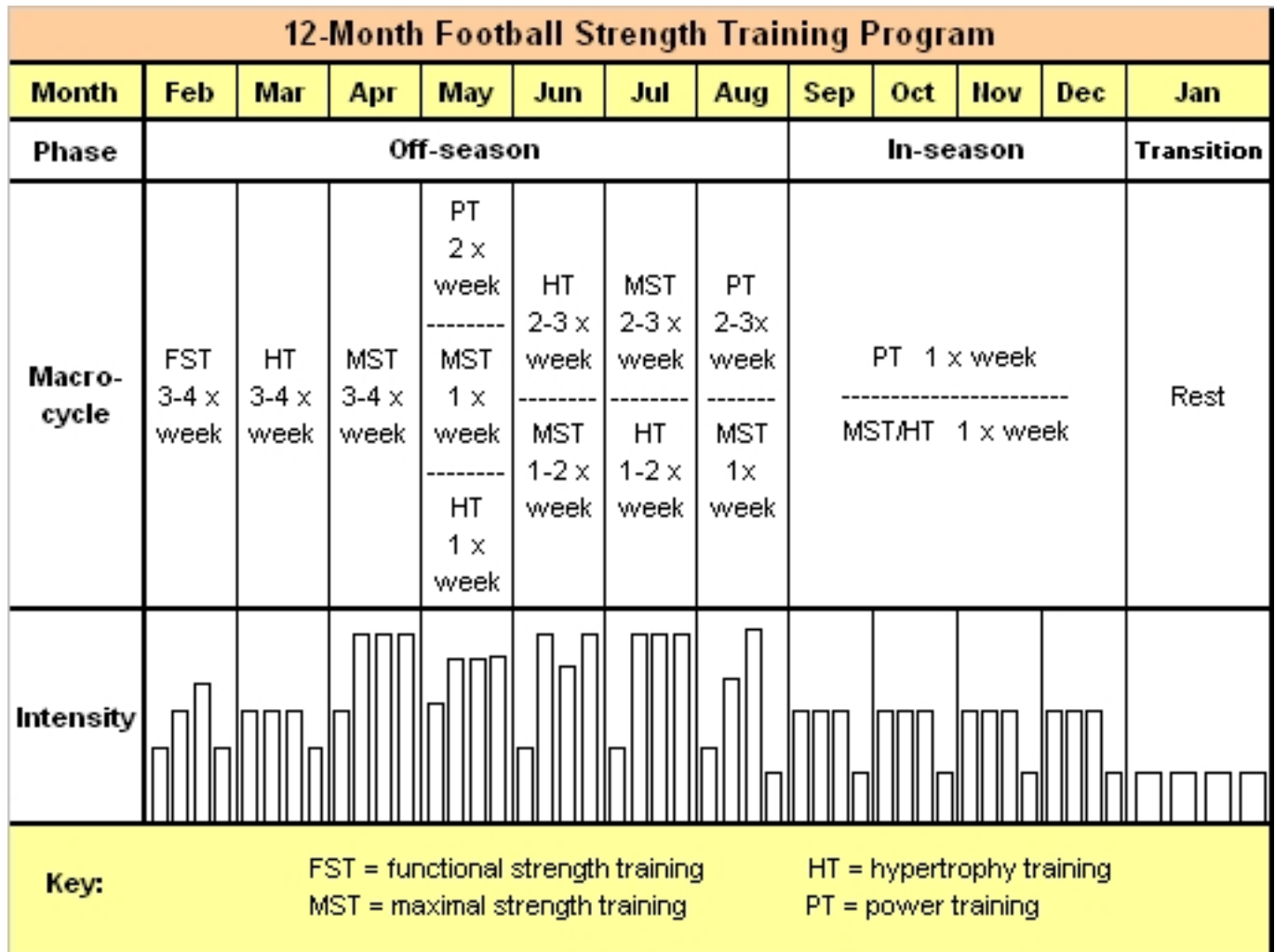


KOJE SU SPECIFICNOSTI TRENINGA SNAGE KOD SPORTISTA

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 izvođenja takmičarskih 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 poboljšanju rezultata u te tri vezbe.Strongmen takmicari se takmice u raznoraznim nosenjima,bacanjima,prevrtanjima,pa se njihov trening snage sprovodi sa ciljem poboljšanja 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 limitirajuće 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 6 minutes, or
- Exercise bike for 4 to 6 minutes, or
- Jump rope for 5 to 6 minutes.

Training Tips

1. Check with your health-care professional before beginning this or any other exercise program.
2. Add heavy weight, always from 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, tightening abdominal muscles, and following one back rule.
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 alternating.
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 to one side and then repeat to the other side.

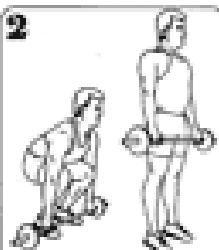
1



ABS

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

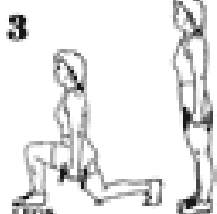
2



BACK

LOW Back Deadlift
Lift weight from starting position, keeping head up and back straight.

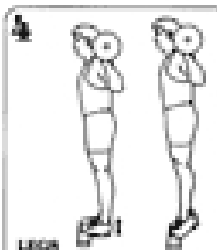
3



LEGS

GLUTEs Lunge
With legs shoulder width apart, head up and back straight, step forward lowering the leg until thigh is parallel to floor. Return and alternate legs.

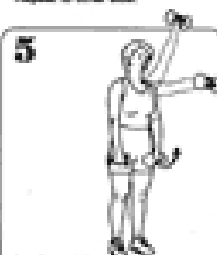
4



LEGS

CALVES, Standing Half Squat
With knees crossed, raise up on toes as high as possible.

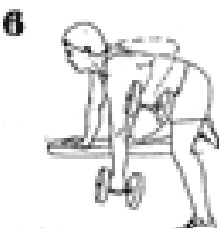
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SHOULDERs

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

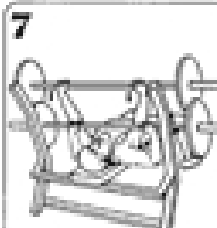
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BACK

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

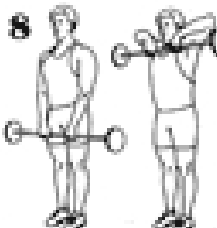
7



CHEST

Bench 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 chest keeping elbows high.

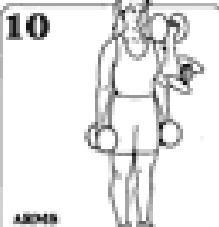
9



ARMS

TRICEPS, Bent Over Lat Pull
Straighten arm backward to allow locked position. Repeat to other side.

10



ARMS

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

11



SHOULDERs

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

12



ABS

fly, Floor Rotation Row
Bending legs, pull knees toward chest.

STRENGTH TRAINING FOR THE SHOULDERS

1 LATERAL RAISES



When you perform lateral raises, you are working the lateral head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

2 ALTERNATE FRONT RAISES



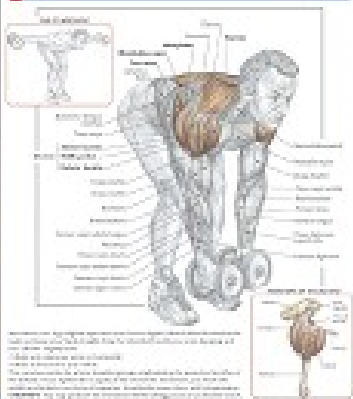
When you perform alternate front raises, you are working the anterior head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

3 ALTERNATE LATERAL RAISES WITH A LIGHT PLYER



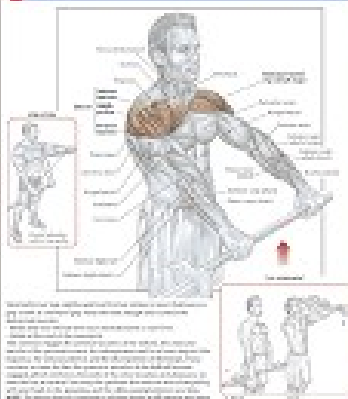
When you perform alternate lateral raises with a light plyer, you are working the lateral head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

4 BENT-OVER LATERAL RAISES



When you perform bent-over lateral raises, you are working the lateral head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

5 BARBELL FRONT RAISES



When you perform barbell front raises, you are working the anterior head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

6 SEATED ANTERIOR DUMBBELL RAISES



When you perform seated anterior dumbbell raises, you are working the anterior head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

7 BACK PRESS



When you perform back press, you are working the posterior head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

8 FRONT PRESS



When you perform front press, you are working the anterior head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

9 SEATED DUMBBELL PRESS



When you perform seated dumbbell press, you are working the anterior head of the deltoid muscle, the upper and middle fibers of the trapezius muscle, and the supraspinatus, infraspinatus, and teres minor muscles of the rotator cuff. This exercise is a great way to build strength and endurance in the shoulder muscles.

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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	60% 4 x 12	70% 4 x 10	60% 3 x 12	70% 4 x 8	80% 4 x 8
Deadlifts	60% 1-RM 3sets x 8reps	60% 4 x 8	70% 4 x 8	60% 4 x 8	60% 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	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
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
Triceps 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,
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Don Defiant



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