

**TRENING 1**

ŠT	VAJA	PONOVITVE	SERIJE	ODMOR	OPOMBE	VIDEO
A1	Dumbbell Goblet Squat	10 - 12	3 - 4	/		<a href="https://youtu.be/a-dgF4NL2K4">https://youtu.be/a-dgF4NL2K4</a>
A2	Dumbbell Incline Bench Press	10 - 12	3 - 4	/		<a href="https://youtu.be/8iPEnn-ltC8">https://youtu.be/8iPEnn-ltC8</a>
A3	Double Dumbbell Turkish Sit Up	10 - 12	3 - 4	60 sec		<a href="https://youtu.be/SreLOxzaIX4">https://youtu.be/SreLOxzaIX4</a>
B1	Dumbbell Romanian Deadlift	10 - 12	3 - 4	/		<a href="https://youtu.be/UsOjCcxSJaI">https://youtu.be/UsOjCcxSJaI</a>
B2	Double Kettlebell Gorilla Row	10 - 12	3 - 4	/		<a href="https://youtu.be/Ln1j7lm6SrE">https://youtu.be/Ln1j7lm6SrE</a>
B3	Dumbbell Standing Tricep Kickback	10 - 12	3 - 4	60 sec		<a href="https://youtu.be/ShCYaoHmWmk">https://youtu.be/ShCYaoHmWmk</a>
C1	Barbell Hip Thrust with mini band	10 - 12	3 - 4	/		<a href="https://www.youtube.com/watch?v=xaGIMPBUPM4">https://www.youtube.com/watch?v=xaGIMPBUPM4</a>
C2	Single Arm Dumbbell Z Press	10 - 12	3 - 4	/		<a href="https://youtu.be/lb-8BOyAgTQ">https://youtu.be/lb-8BOyAgTQ</a>
C3	Slam Ball Russian Twist	10 - 12	3 - 4	60 sec		<a href="https://youtu.be/qyZ0pAtgo_Y">https://youtu.be/qyZ0pAtgo_Y</a>
D1	burpee slam ball	10 - 12	3 - 4	/		<a href="https://www.youtube.com/shorts/SAC3iM6TQsk">https://www.youtube.com/shorts/SAC3iM6TQsk</a>
D2	rower machine	12 - 15 kcal	3 - 4	/		<a href="https://www.youtube.com/watch?v=fxfhQMbATCw">https://www.youtube.com/watch?v=fxfhQMbATCw</a>
D3	mountain climbers	40	3 - 4	60 sec	vsaka noga 20	<a href="https://www.youtube.com/watch?v=XowPTndWMlk">https://www.youtube.com/watch?v=XowPTndWMlk</a>