

TRENING DOMA V NOTRANJNJIH PROSTORIH

OGREVANJE:

- teči 3 kroge po prostorih hiše – stanovanja,
- naredi raztezne vaje:
 - *ogrej se po črkah svojega imena,
 - *ogrej se po črkah svojega priimka.



NADALJUJ:

*z dvema TABATAMA:



Tabata je vadba, pri kateri 30 sekund delaš maksimalno, sledi 10 sekund počitka, to ponoviš 8x, kar znese 4 minute.

- https://www.youtube.com/watch?v=4v6Zcc1_tR0
- <https://www.youtube.com/watch?v=fzo6veE3Ik&t=156s>
- <https://www.youtube.com/watch?v=TBGOZIZ2-DY>
- https://www.youtube.com/watch?v=8d3hZLk_zKs&t=100s
- <https://www.youtube.com/watch?v=C-L1XQOzF4M>
- <https://www.youtube.com/watch?v=0kvyBApinGU&t=97s>
- <https://www.youtube.com/watch?v=fzo6veE3Ik&t=13s>
- <https://www.youtube.com/watch?v=ux938YtJleE>

*z enim WORKOUT-om:

- <https://www.youtube.com/watch?v=MnpxQr3KXNw&t=36s>
- <https://www.youtube.com/watch?v=TBGOZIZ2-DY>
- https://www.youtube.com/watch?v=8d3hZLk_zKs
- <https://www.youtube.com/watch?v=WmGjxU3Ggko>

super abs

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- <https://www.youtube.com/watch?v=ZWk19OVon2k>

*in končaj s plesoma😊:



- <https://www.youtube.com/watch?v=ZWk19OVon2k>
- <https://www.youtube.com/watch?v=AJkthCWxmc>
- <https://www.youtube.com/watch?v=HRPXVXPdV7k>
- <https://www.youtube.com/watch?v=uNXvb0nzj4>
- <https://www.youtube.com/watch?v=g7P1j1fs3uw>
- <https://www.youtube.com/watch?v=2XtLEp0XAI>