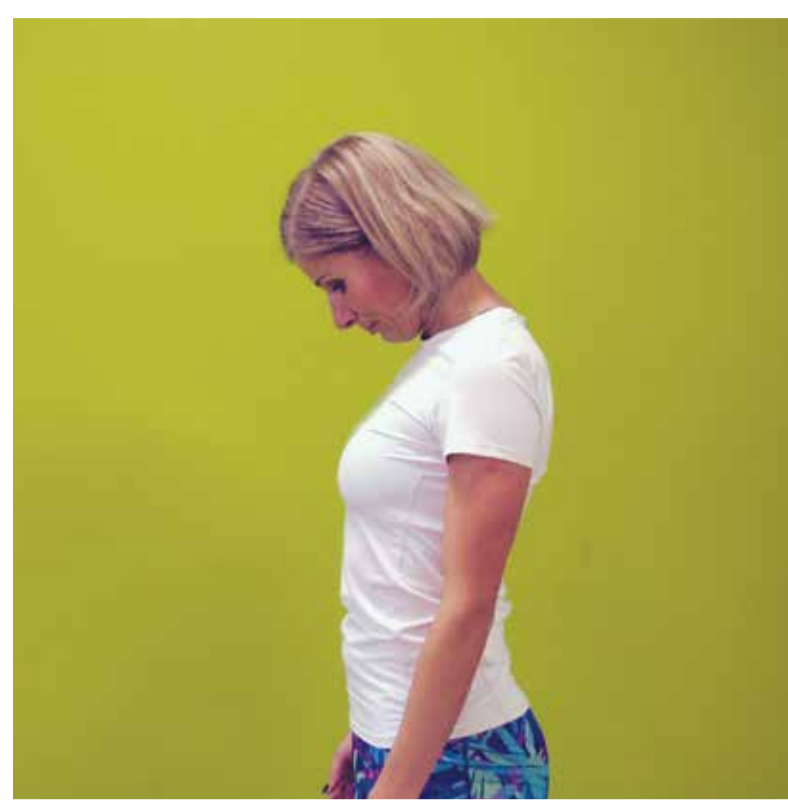
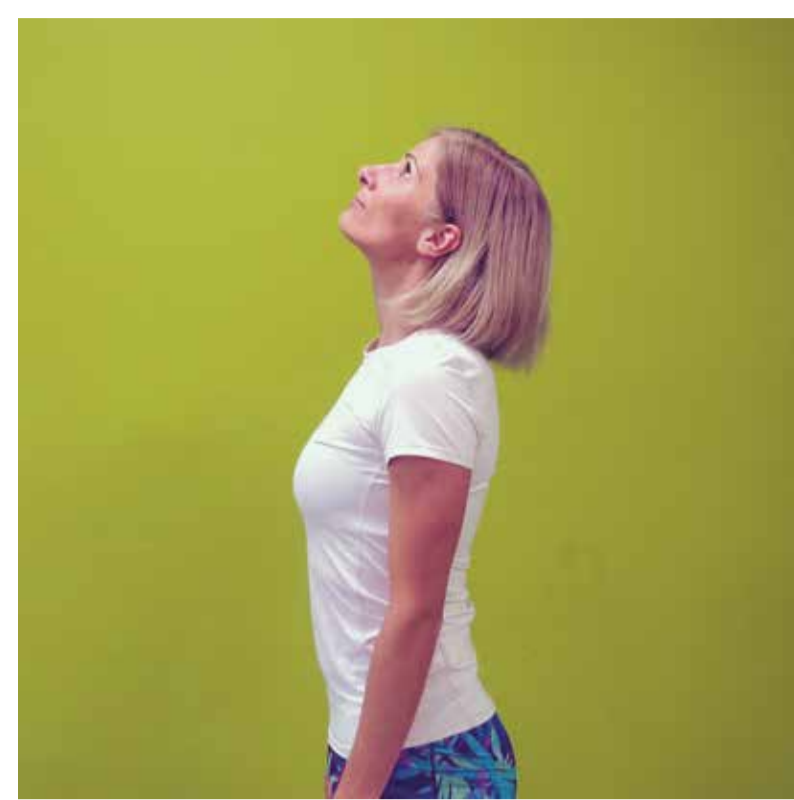
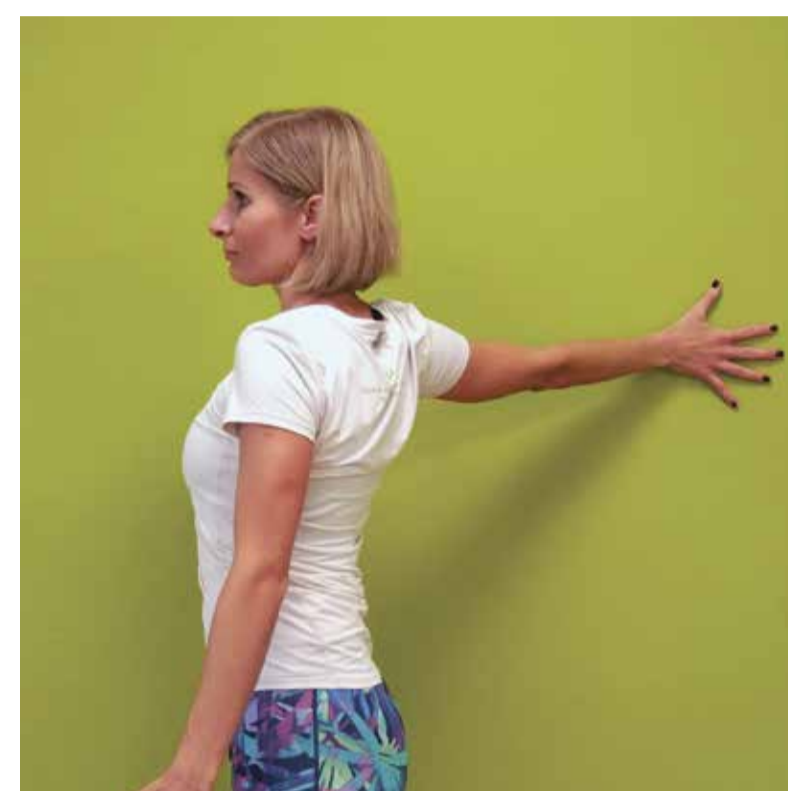
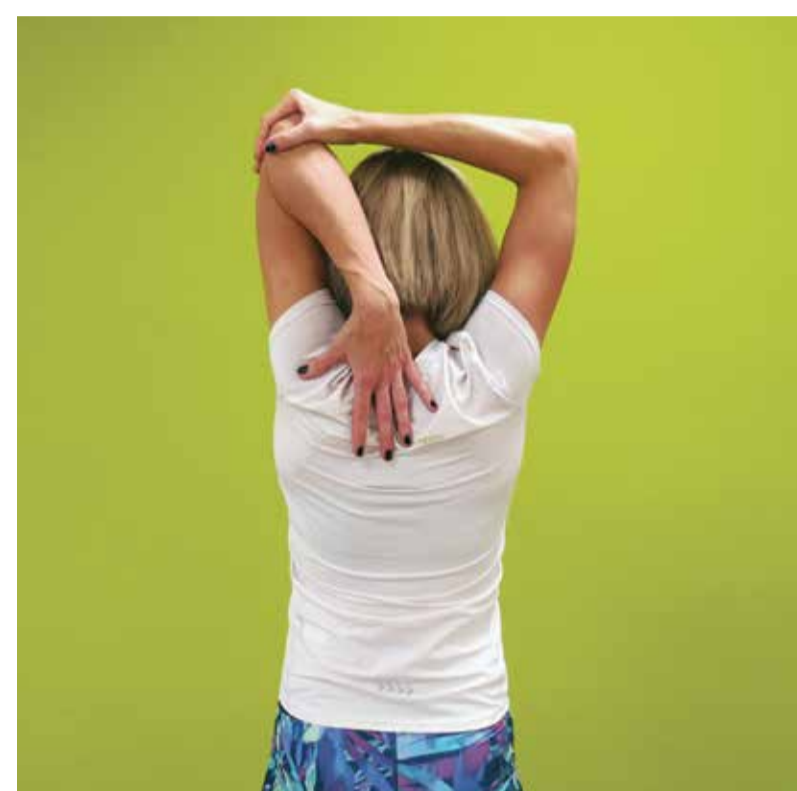
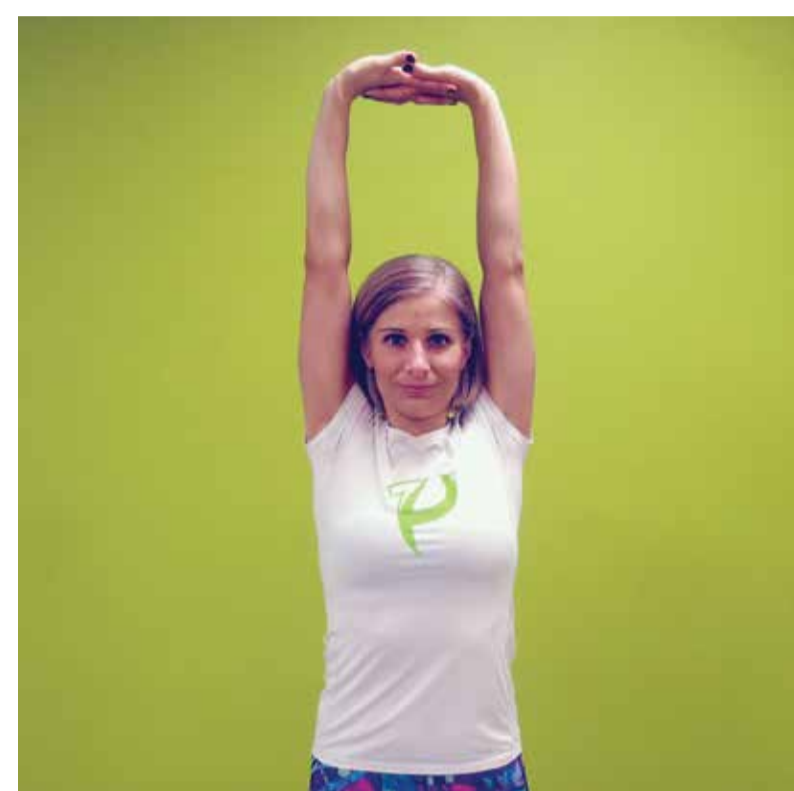
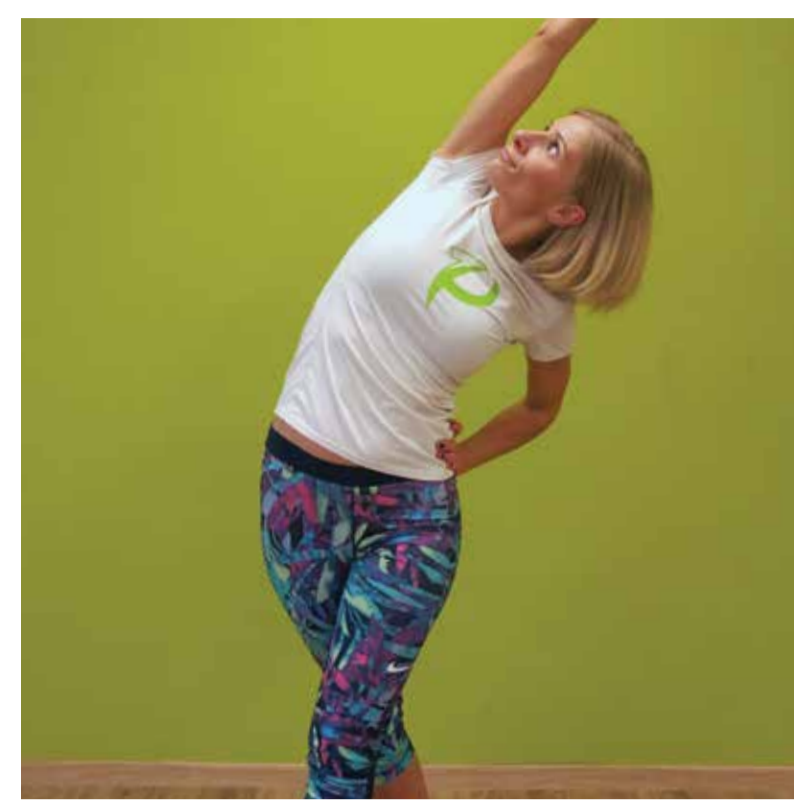
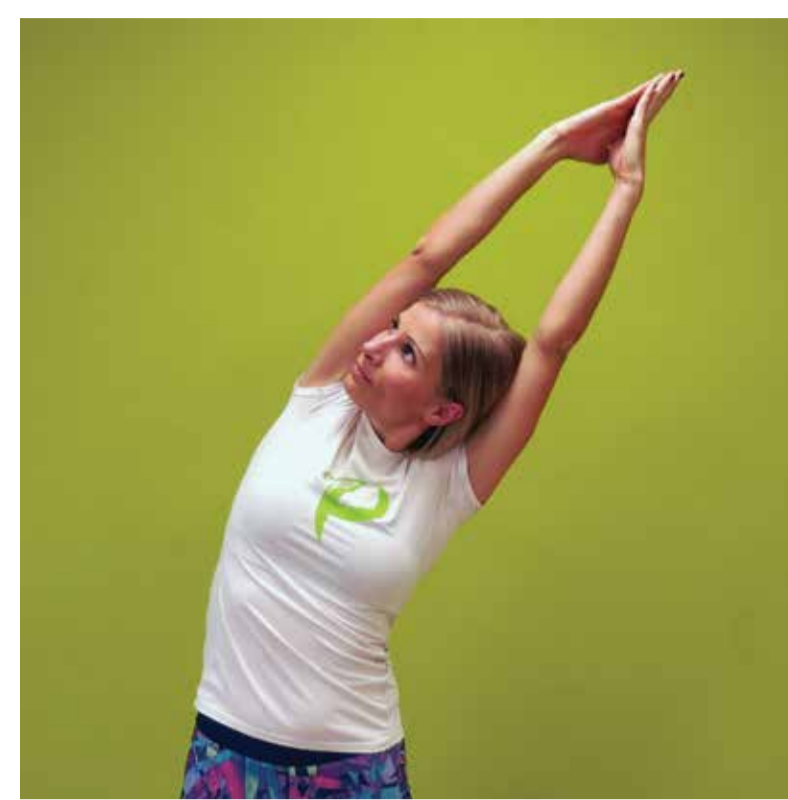
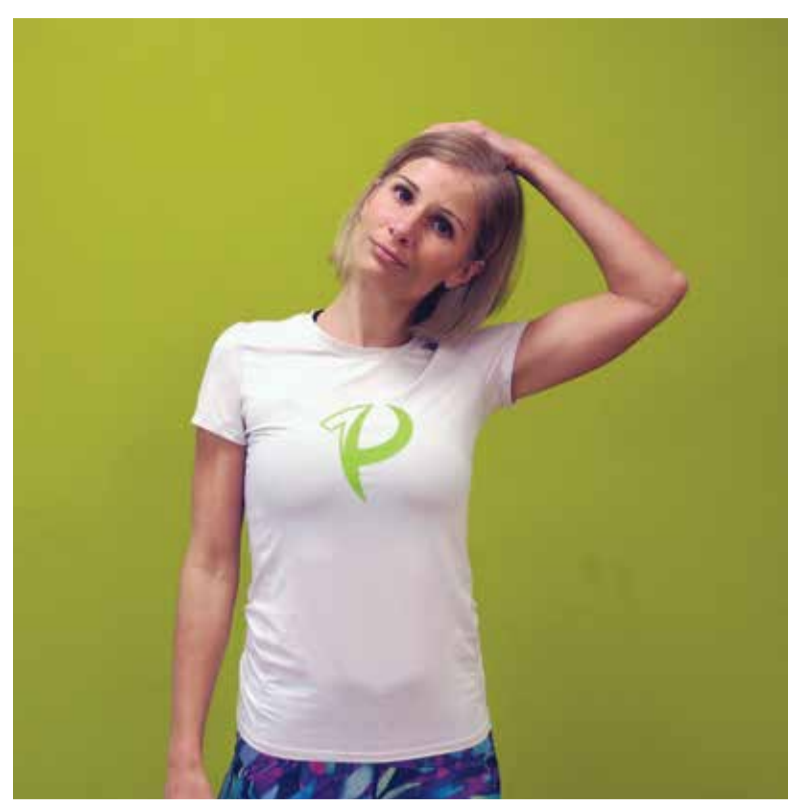


RAZTEZNE VAJE

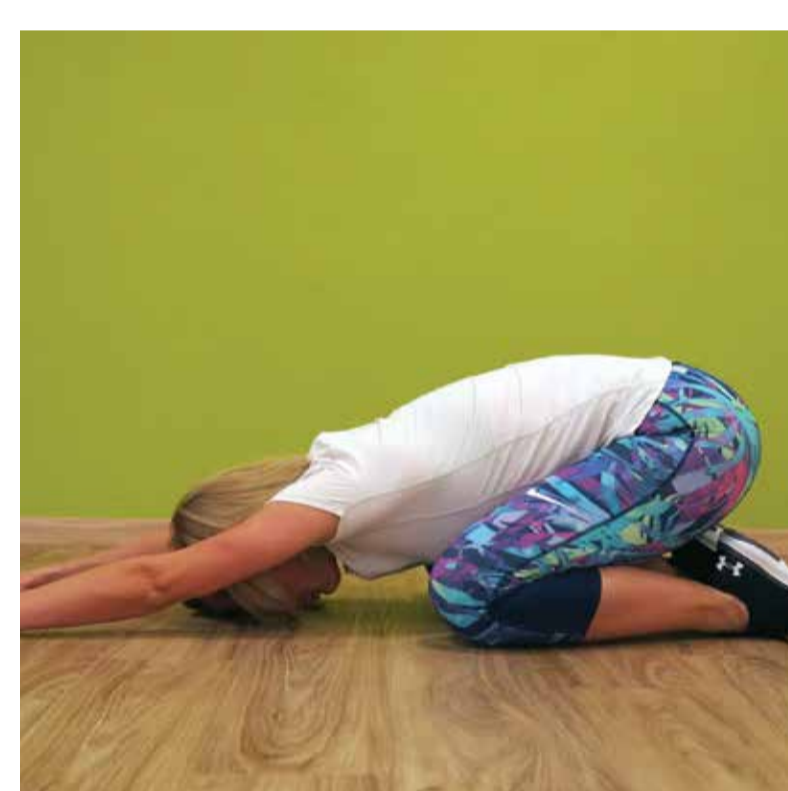
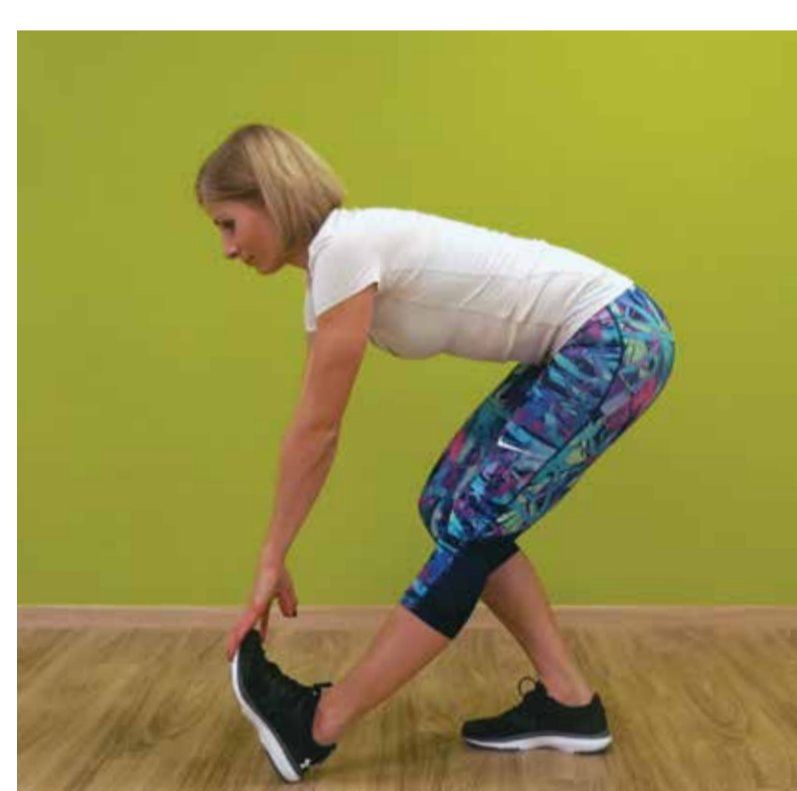
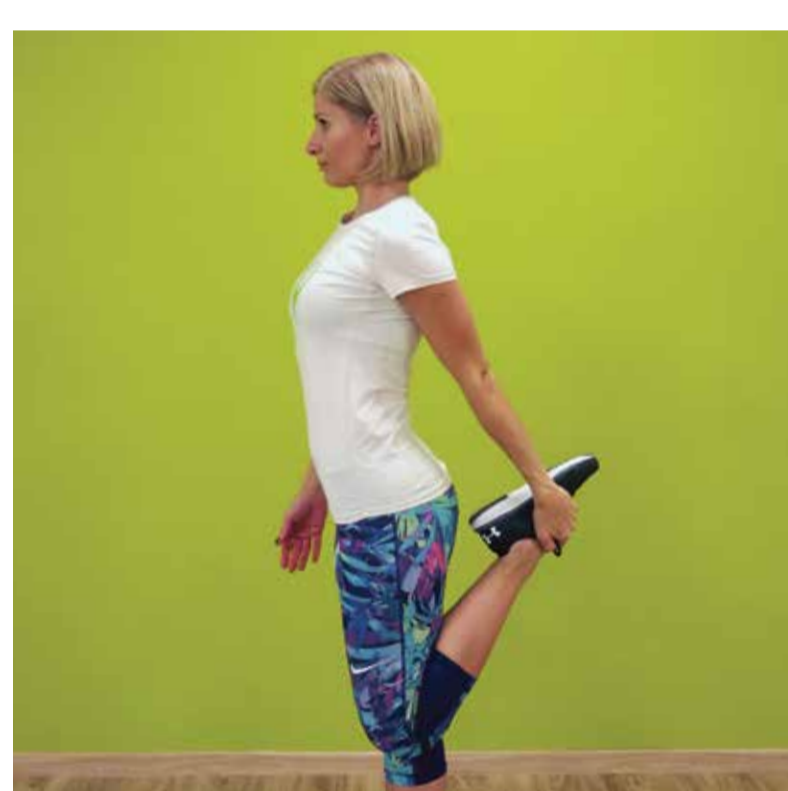
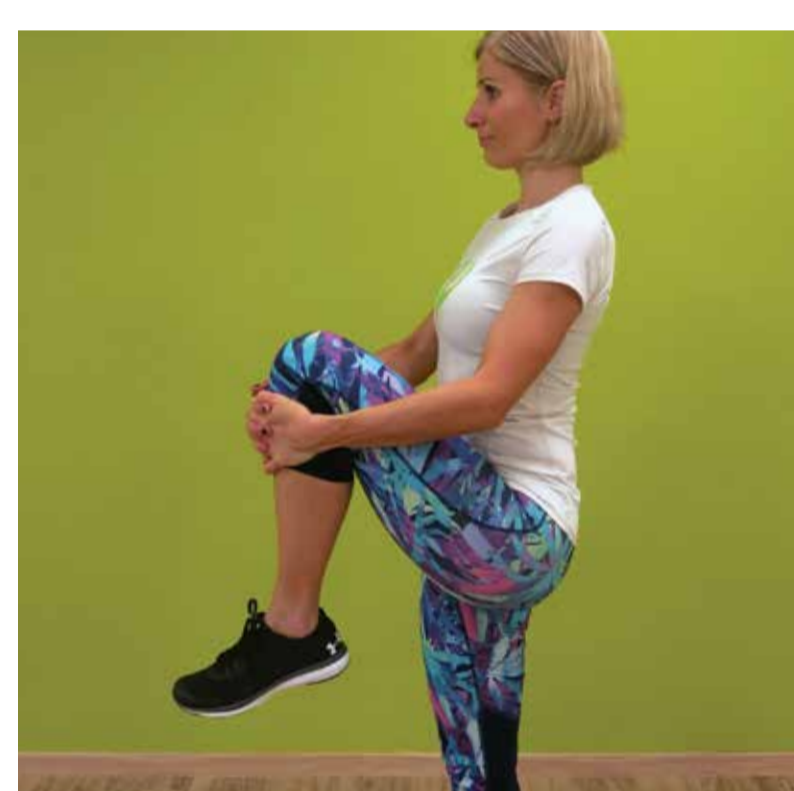
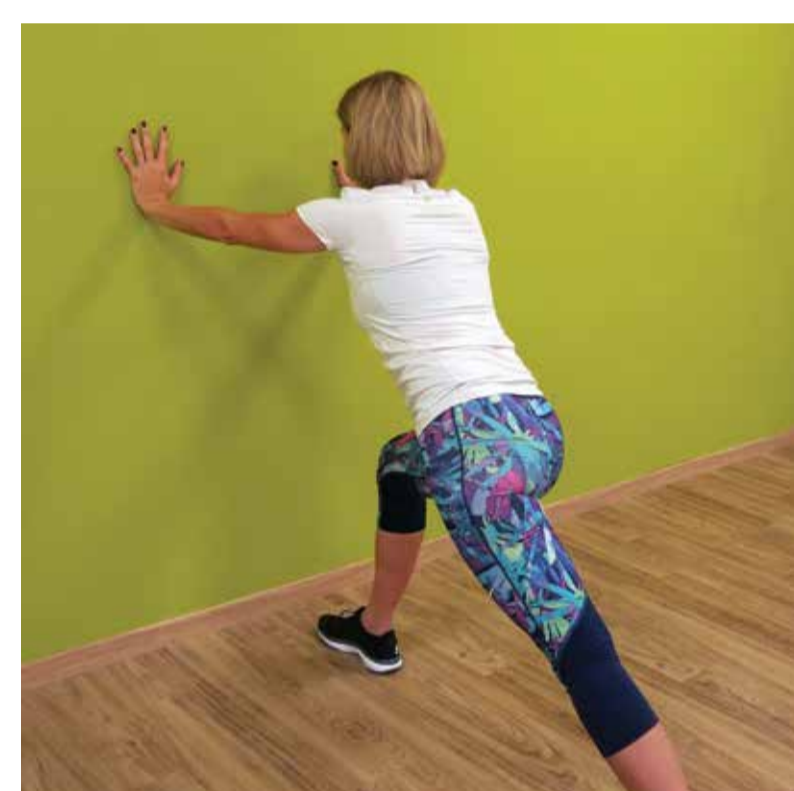
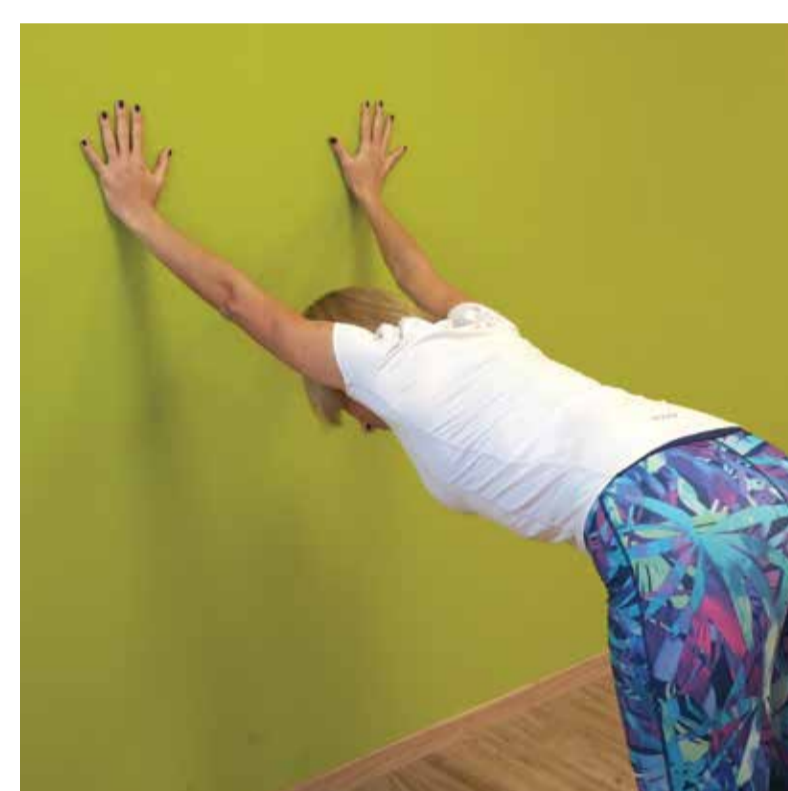
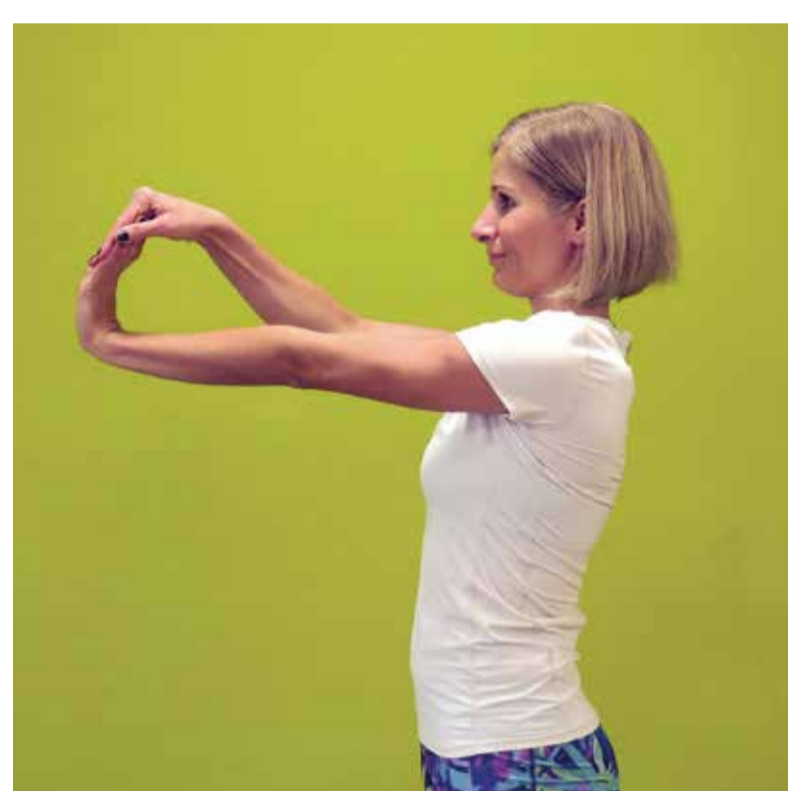


Za vsako vajo oz. položaj si vzemite med 15 in 30 sekund (5-10 sproščenih vdihov in izdihov).

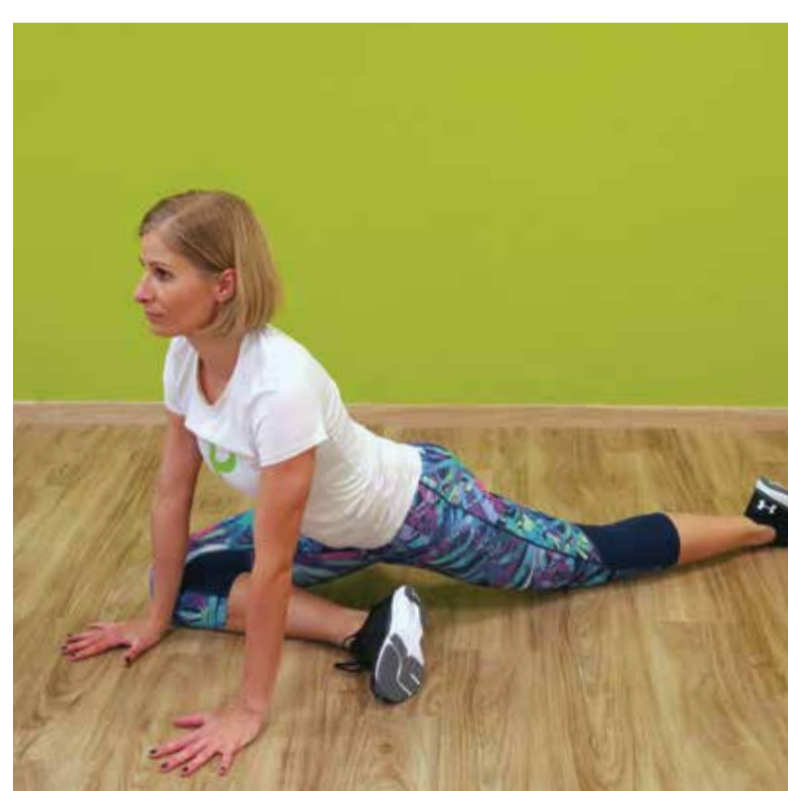
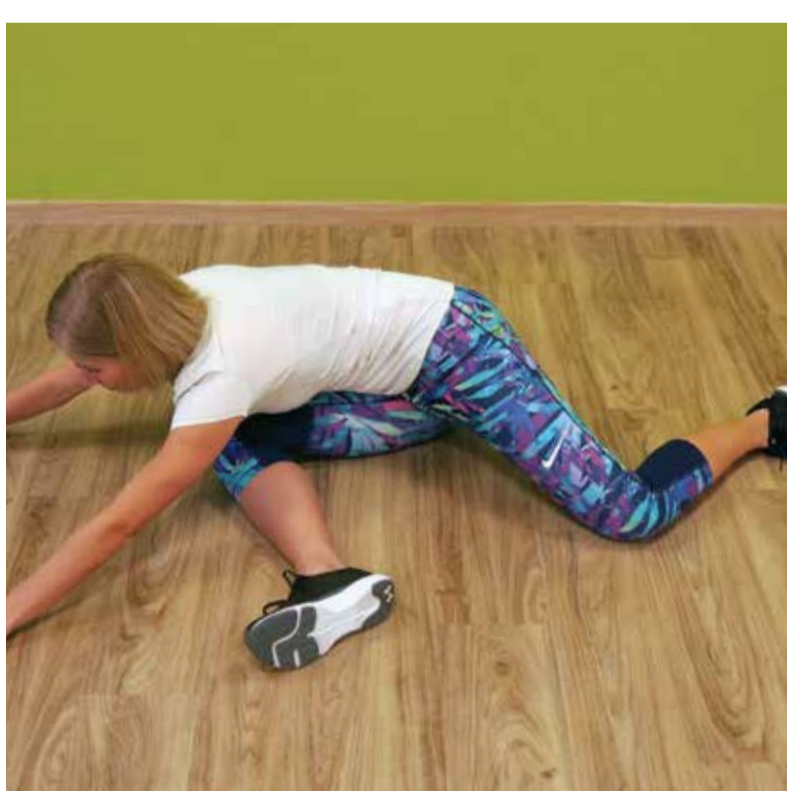
Gibe izvajajte počasi, umirjeno in usklajeno z dihanjem.



Vrstni red vaj si lahko poljubno sestavite glede na namen; vaje lahko (hitreje) izvajate pred treningom kot dinamično ogrevanje, po koncu treninga (počasneje) kot ohlajanje in raztezanje, ali pa jih imate kot samostojno vadbo za povečanje fleksibilnosti (20-40 minut).



V primeru, da vaje izvajate pred treningom (kot dinamično ogrevanje), se pred tem dobro pripravite. Vzemite si 10-15 minut za lahkoten tek, tekaško abecedo (tek, poskoki, kroženje s sklepi) in podobno, da se sklepi in mišice segrejejo.



Opozorilo:
V primeru bolečin, poškodb ali bolezní se posvetujte z izkušenim vaditeljem / trenerjem Primus centra.

