

NEKAJ PREDLOGOV VAJ ZA FITNES NAPRAVO HOME GYM G3S

CHEST



Horizontal Grip Chest Press

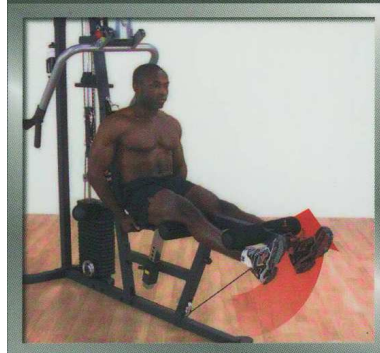


Incline Press



Mid Pulley Cable Fly

LEGS



Leg Extension



Standing Leg Curl



Calf Press

HIPS/THIGHS



Leg Abduction



Leg Adduction



Leg Press

ABS



Resistance Ab Crunch



Oblique Crunch

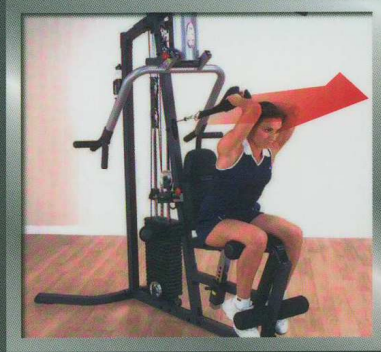


Oblique Bend

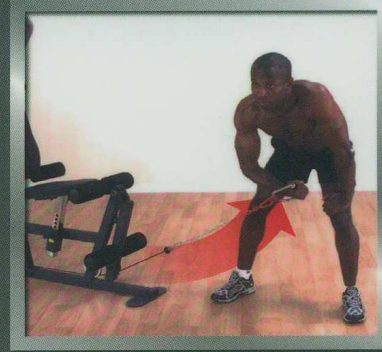
ARMS



Biceps Curl



Triceps Extension



Concentration Curl

BACK



Lat Pull Down



Back Hyperextension



Chest Supported Mid Row

SHOULDERS



Shoulder Press



Upright Row



Lateral Deltoid Raise

