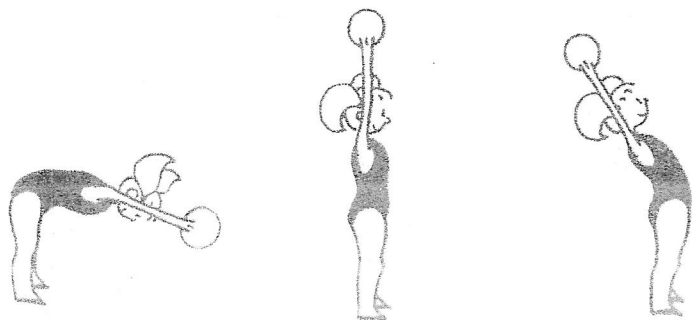
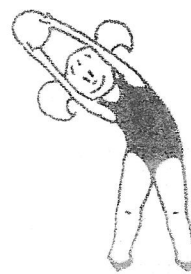


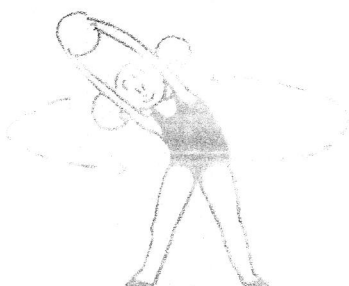
Sklop vaj z žogo



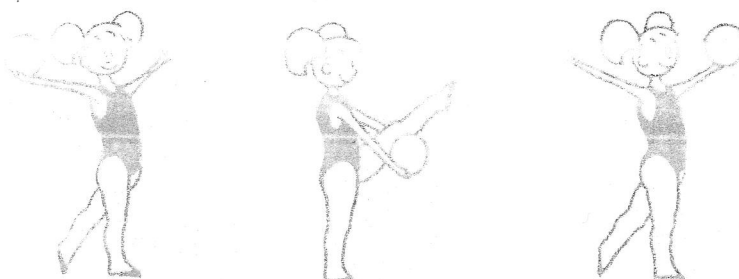
Predklon, vzravnavna, zaklon - 6 serij



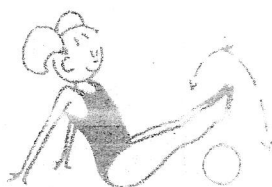
**Odkloni - 6 odklonov
izmenično v levo in desno**



Kroženje trupa - 4 kroge v levo, 4 v desno



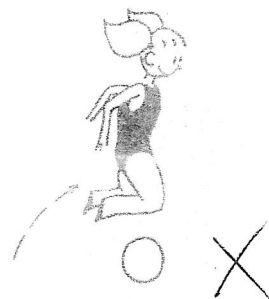
Zamahi v visoko prednoženje s prenosom žoge pod nogo - 6 zamahov z vsako nogo



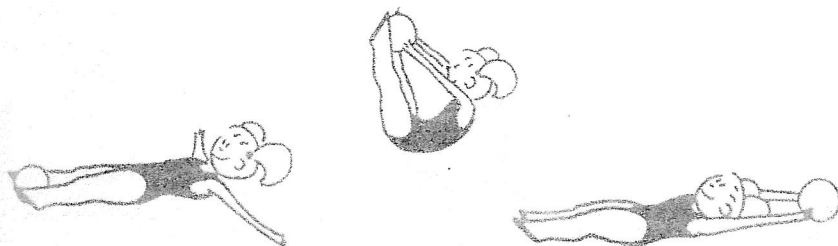
**Prenos nog prek žoge -
8x v levo in desno**



**Dviganje žoge v mali zaklon -
8 dvigov z zgornjim delom hrbta**

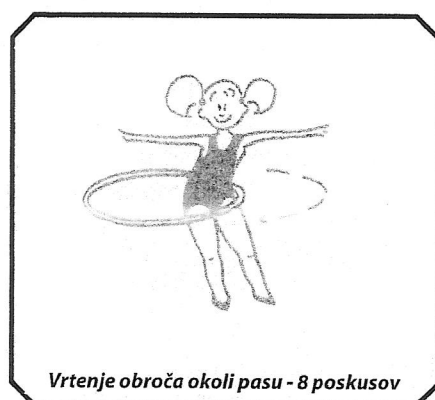
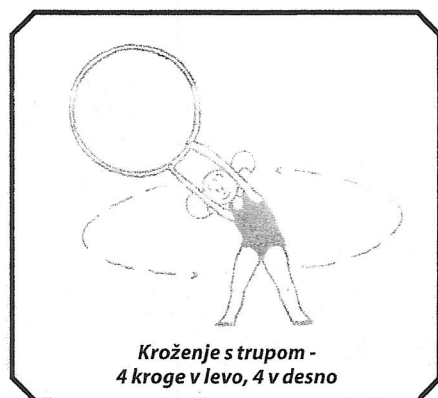
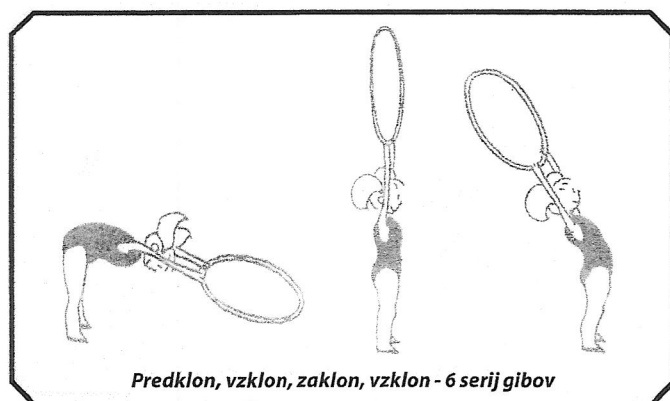


Preskakovanje žoge - 8x



Prenašanje žoge prek telesa - 5x prek glave in nazaj

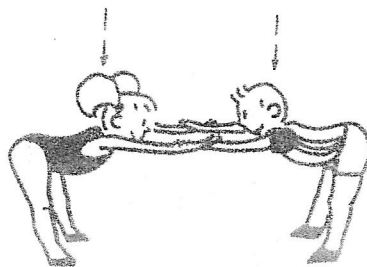
Sklop vaj z obročem



OPOMBE

²² Obroč dvigujemo le okoli 10 cm, da ne obremenjujemo ledvenega dela hrbtenice.

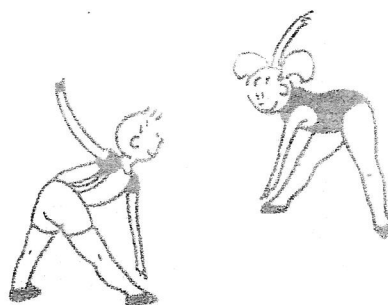
Sklop vaj v parih



*Predkloni s potiskanjem ramen -10 zibov
z rahlim potiskanjem sošolca*



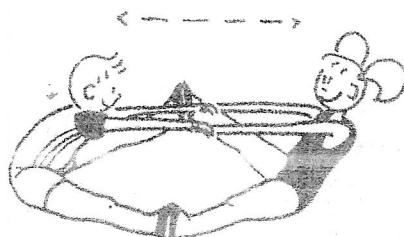
*Odkloni - par se dotika
s hrbtom - 6 odklonov
izmenično v vsako stran*



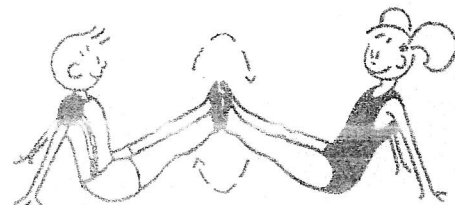
Zasuki v predklonu - 8 zasukov izmenično v vsako stran²¹



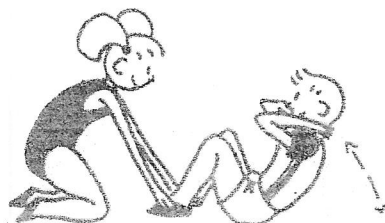
*Zamahi v visoko prednoženje
- 6 zamahov z vsako nogo*



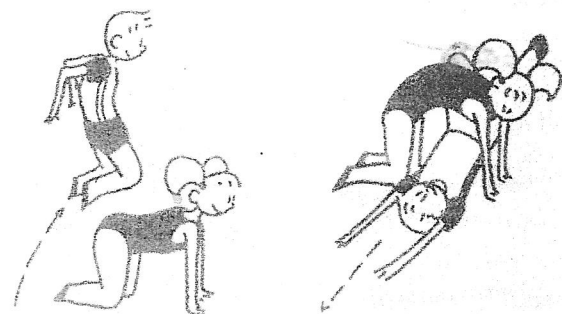
*Predkloni in zakloni z vlečenjem in potiskanjem v sedlu
raznožno - 6x izmenično predklon in zaklon*



*V opori sedno kroženje z nogami v
prednoženju - 5 krogov v vsako stran*



Dviganje trupa iz leže na hrbtu v parih - 6 dvigov do seda



Preskakovanje in plazenje - 5x z menjavo učencev po vsakem skoku

OPOMBE

²¹ Zasuke lahko delajo tudi tako,
da stojijo s hrbtom drug proti
drugemu (kot pri odklonih).