

Kardiorespiracijski fitnes

Mišićni fitnes

Fleksibilnost



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Kardiorespiracijski fitnes

Viša razina kardiorespiracijskom fitnesa:

- efikasnije i efektivnije opskrbljivanje stanica kisikom
- manji rizik oboljevanja od
 - bolesti srca i pluća
 - dijabetesa
 - pretilosti
 - povećanje kvalitete života
- pokazatelj kardiorespiracijskog fitnesa $VO_2\max$ (procjenjen Beep testom)



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<34,6ml/kg/min
<39,5ml/kg/min

3,6x

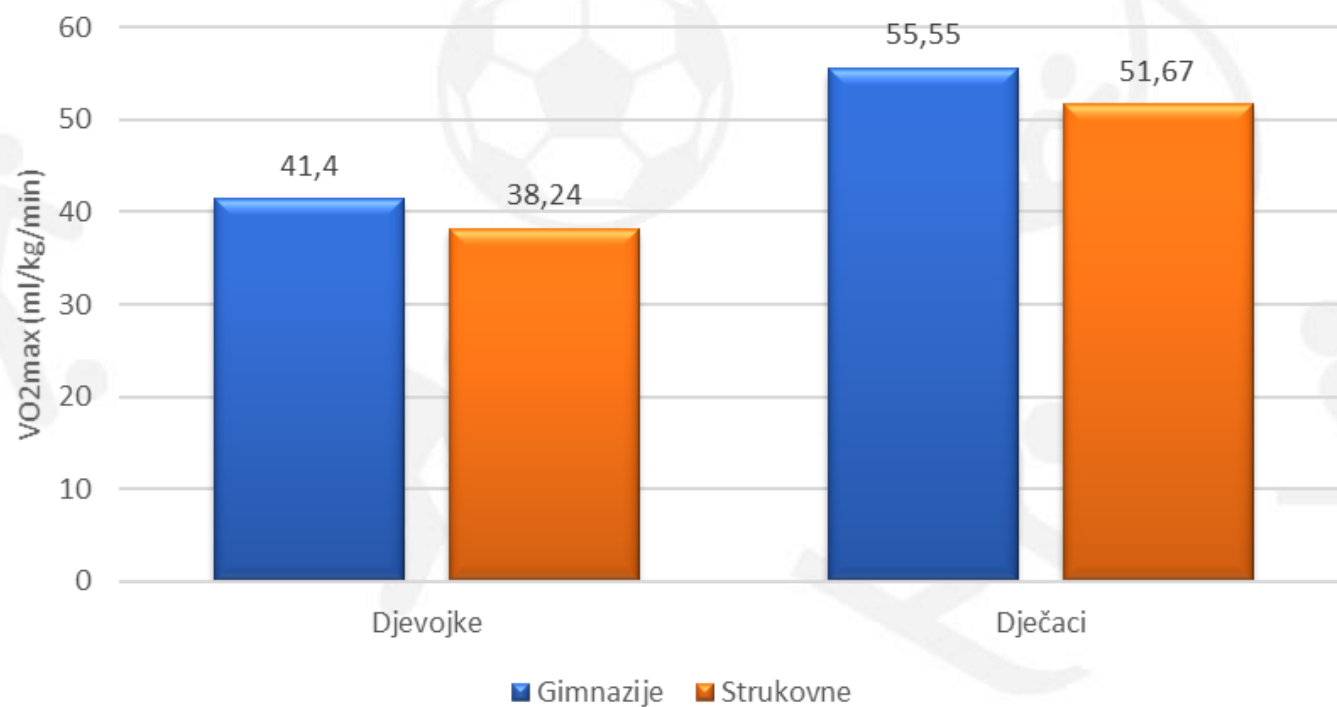
veću vjerojatnost oboljevanja od
kardiovaskularnih bolesti



<41,8ml/kg/min
<47,8ml/kg/min

5,7x

Kardiorespiracijski fitnes



<34,6ml/kg/min
<39,5ml/kg/min

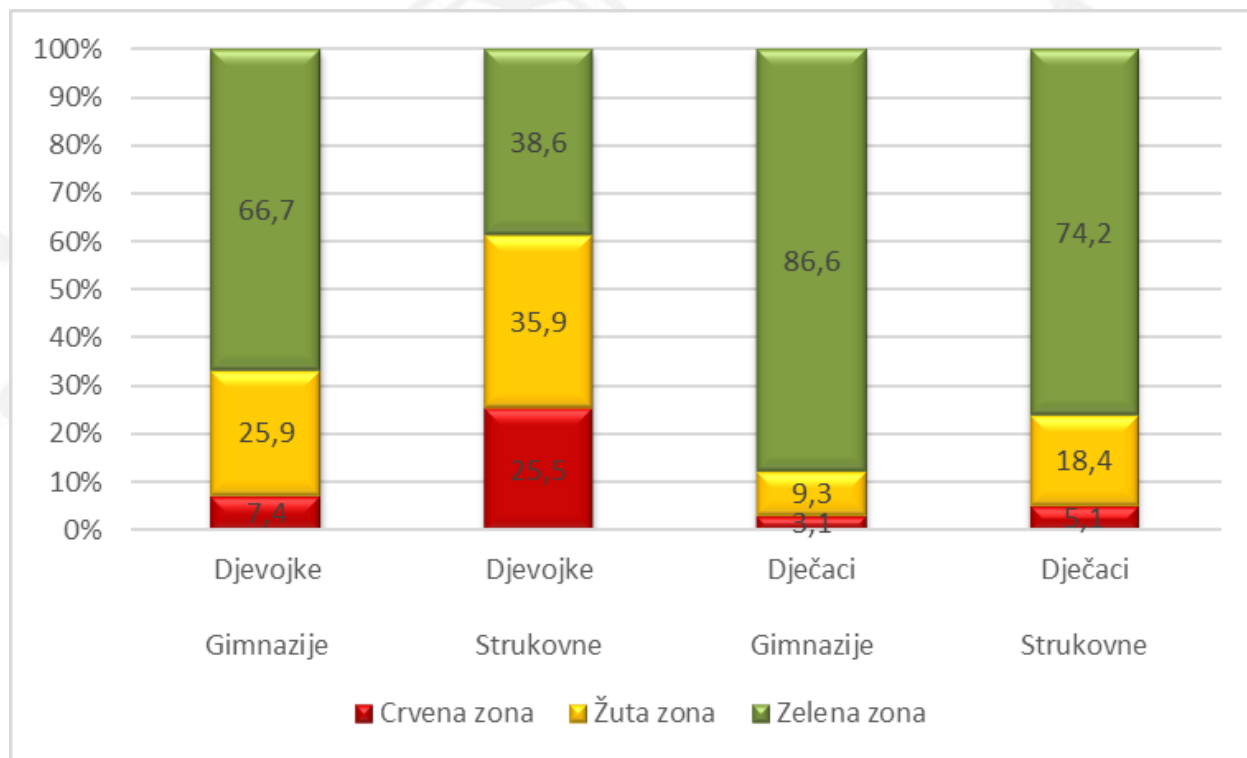


<41,8ml/kg/min
<47,8ml/kg/min



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Kardiorespiracijski fitnes



<34,6ml/kg/min
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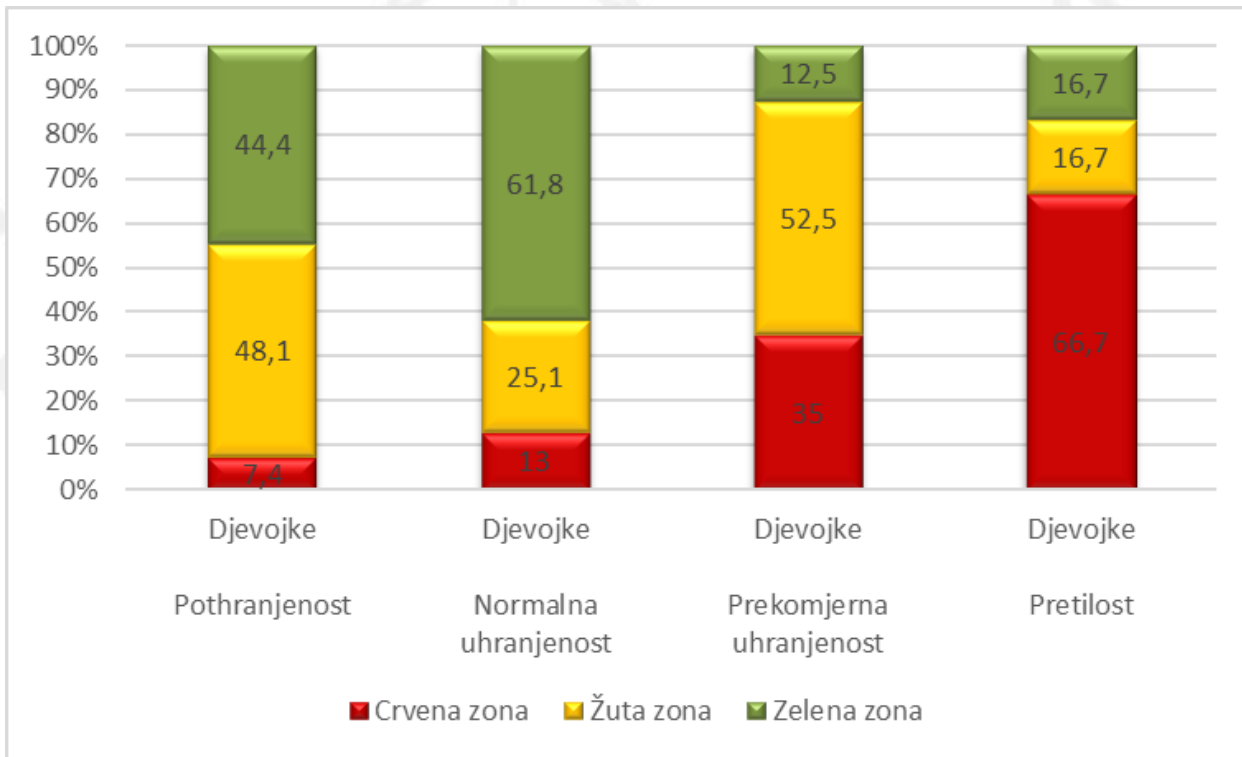


<41,8ml/kg/min
<47,8ml/kg/min



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Kardiorespiracijski fitnes prema statusu uhranjenosti



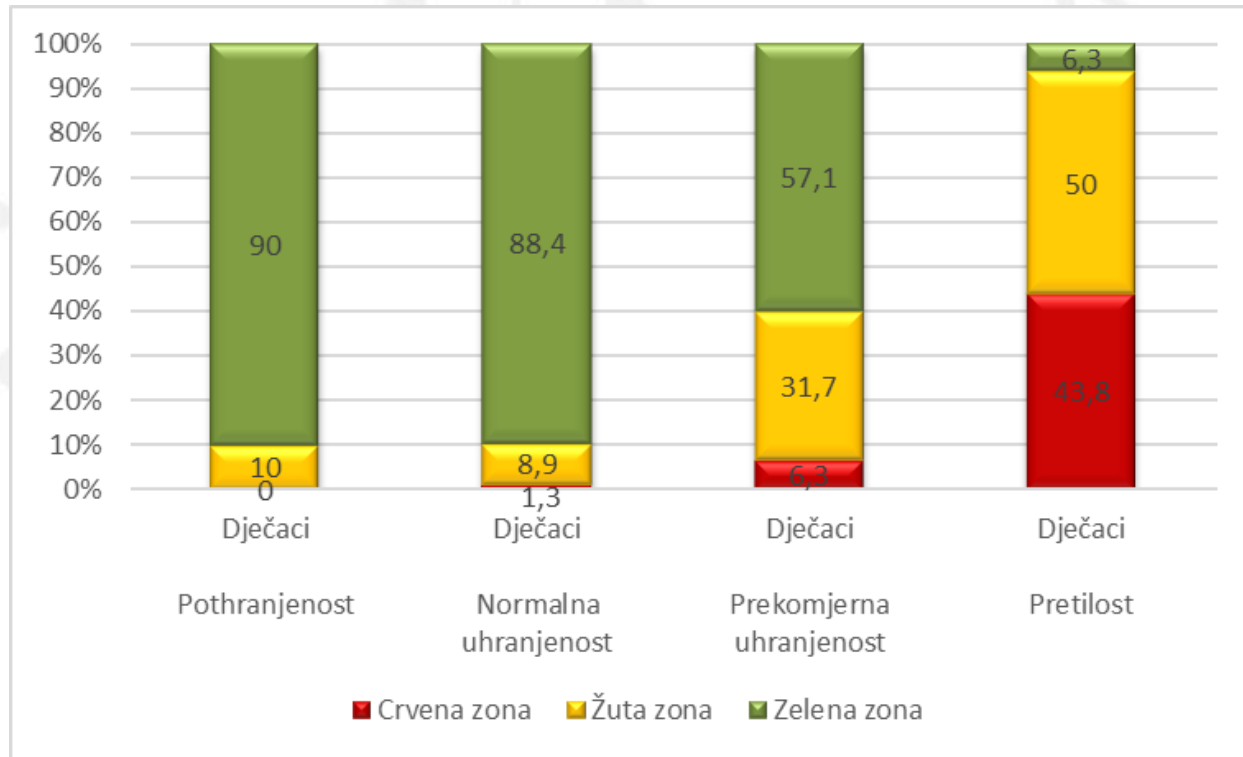
<34,6ml/kg/min

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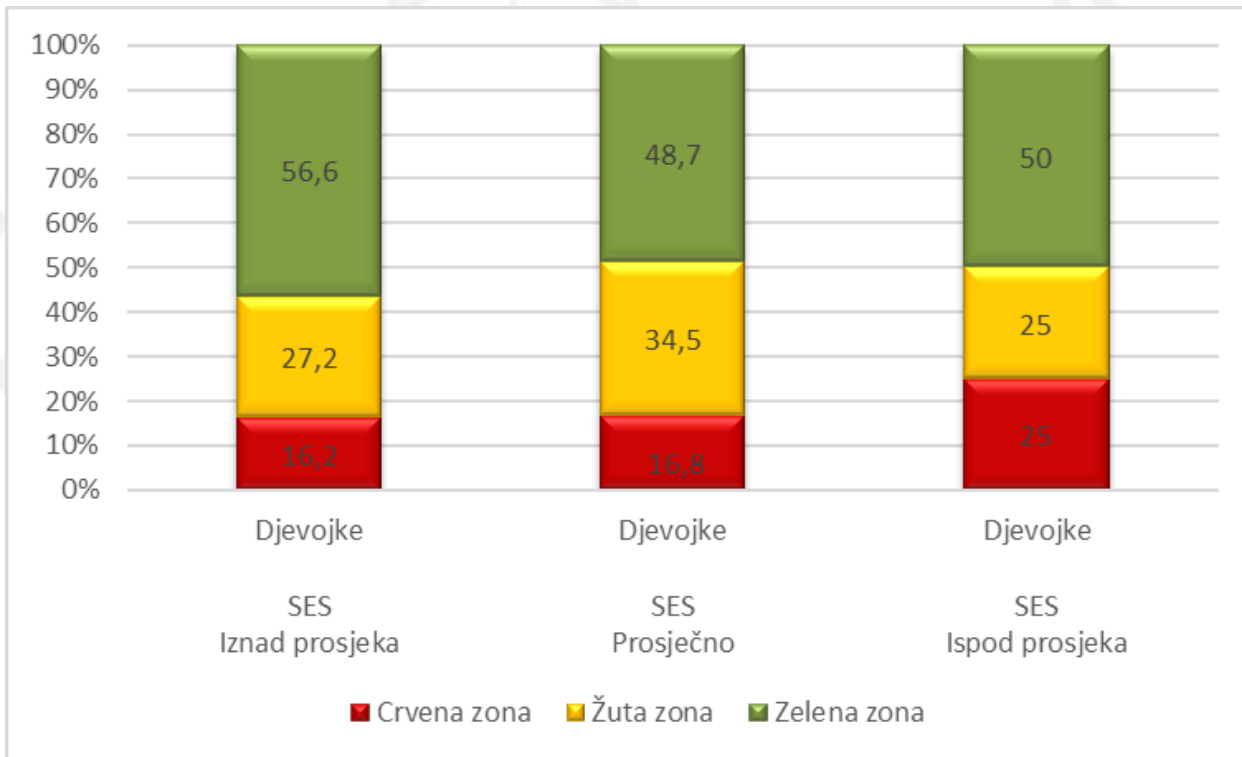
<41,8ml/kg/min

<47,8ml/kg/min



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Kardiorespiracijski fitness prema socio-ekonomskom statusu



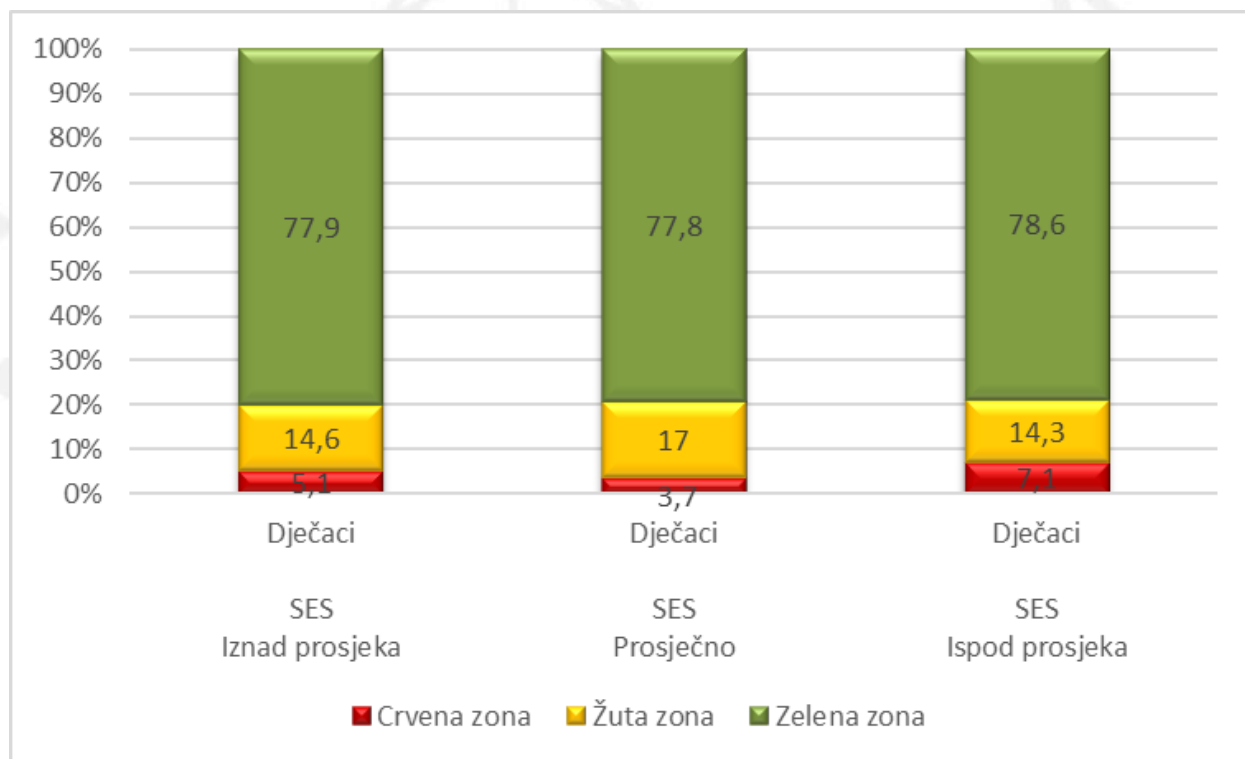
<34,6ml/kg/min

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Kardiorespiracijski fitnes prema socio-ekonomskom statusu



<41,8ml/kg/min

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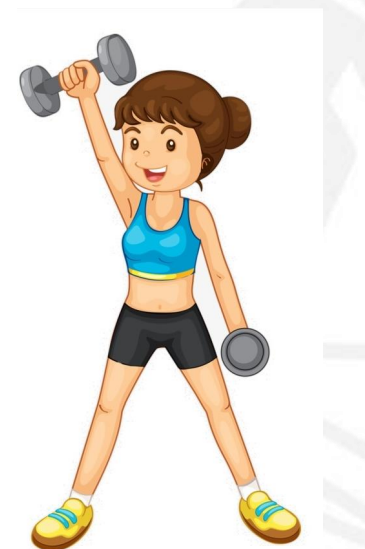
Mišićni fitness

- **Viša razina mišićnog fitnessa:**

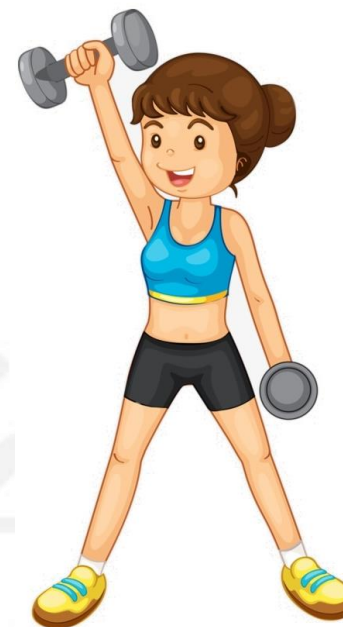
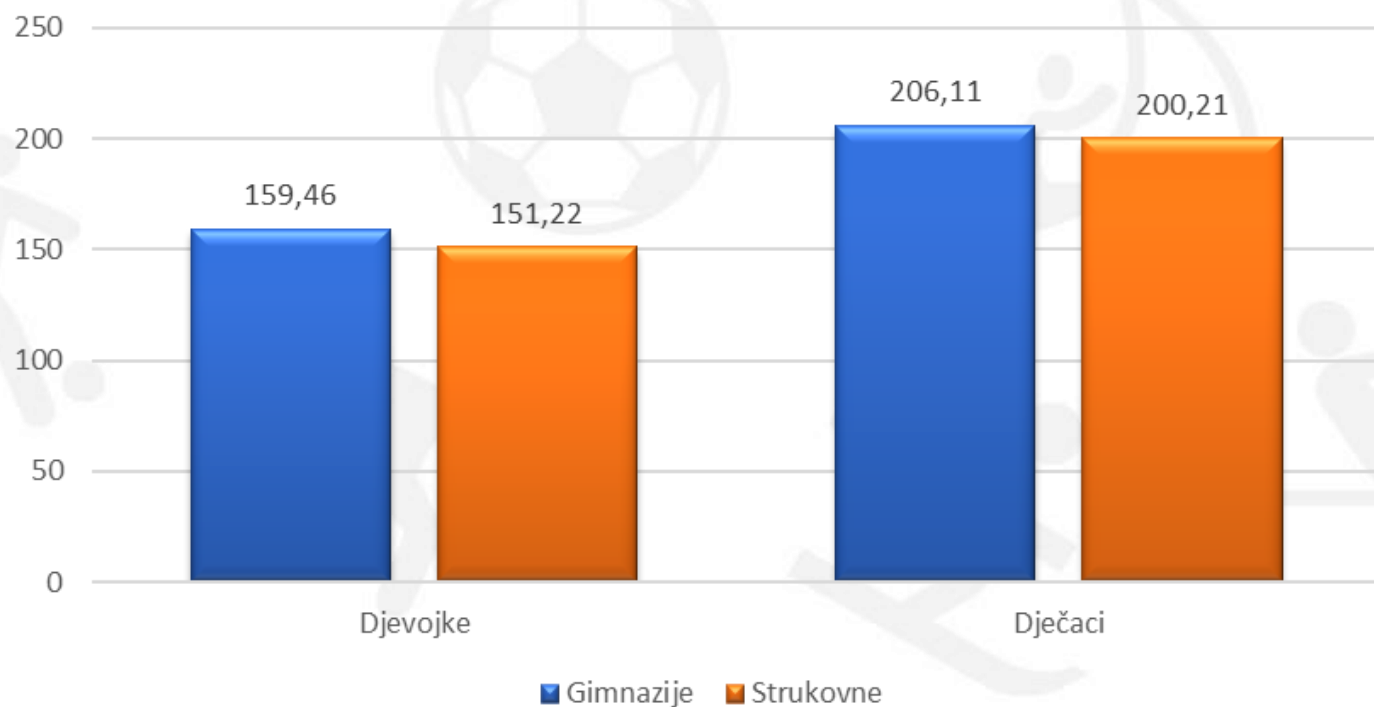
- unaprjeđuje sposobnost kretanja
- smanjuje mogućnost ozljeđivanja
- omogućava održavanje zdrave tjelesne mase, zdravih mišića i kostiju

- **pokazatelji mišićnog fitnessa**

- snaga mišića nogu (skok u dalj)
- snaga mišića trupa (podizanje trupa 30s)



Mišićni fitness - snaga nogu



16god <126cm
17god <129,5cm

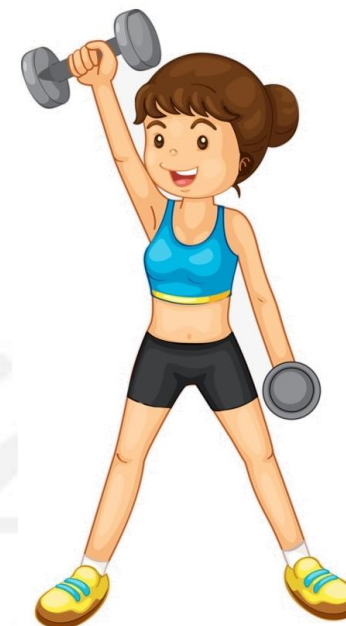
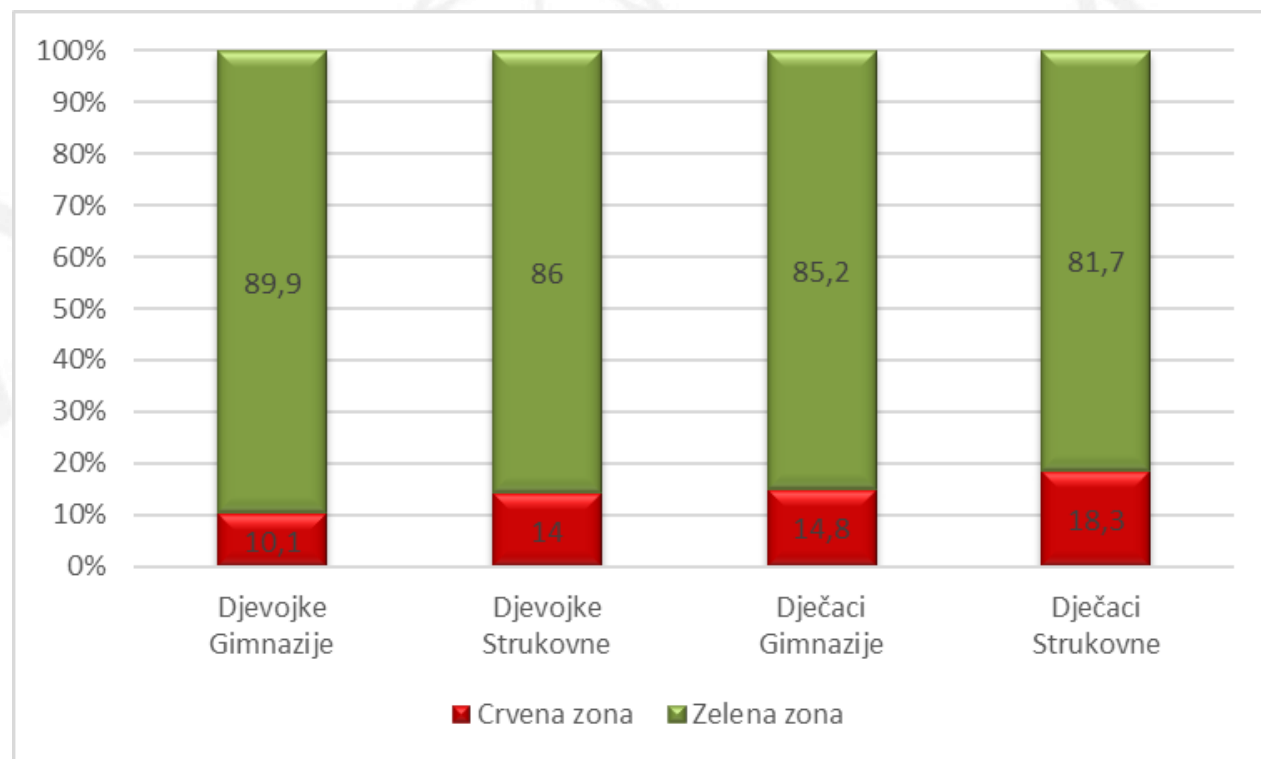


16god <175,1cm
17god <184,3cm



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Mišićni fitness - snaga nogu



16god <126cm
17god <129,5cm

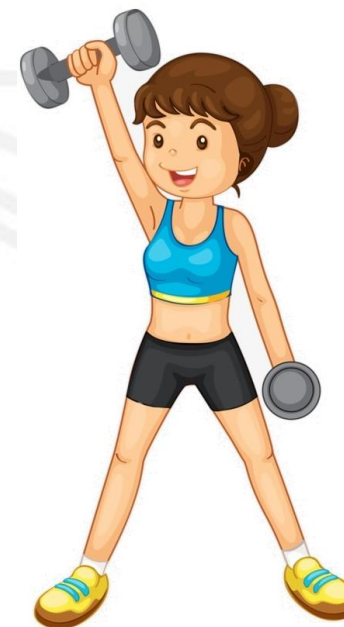
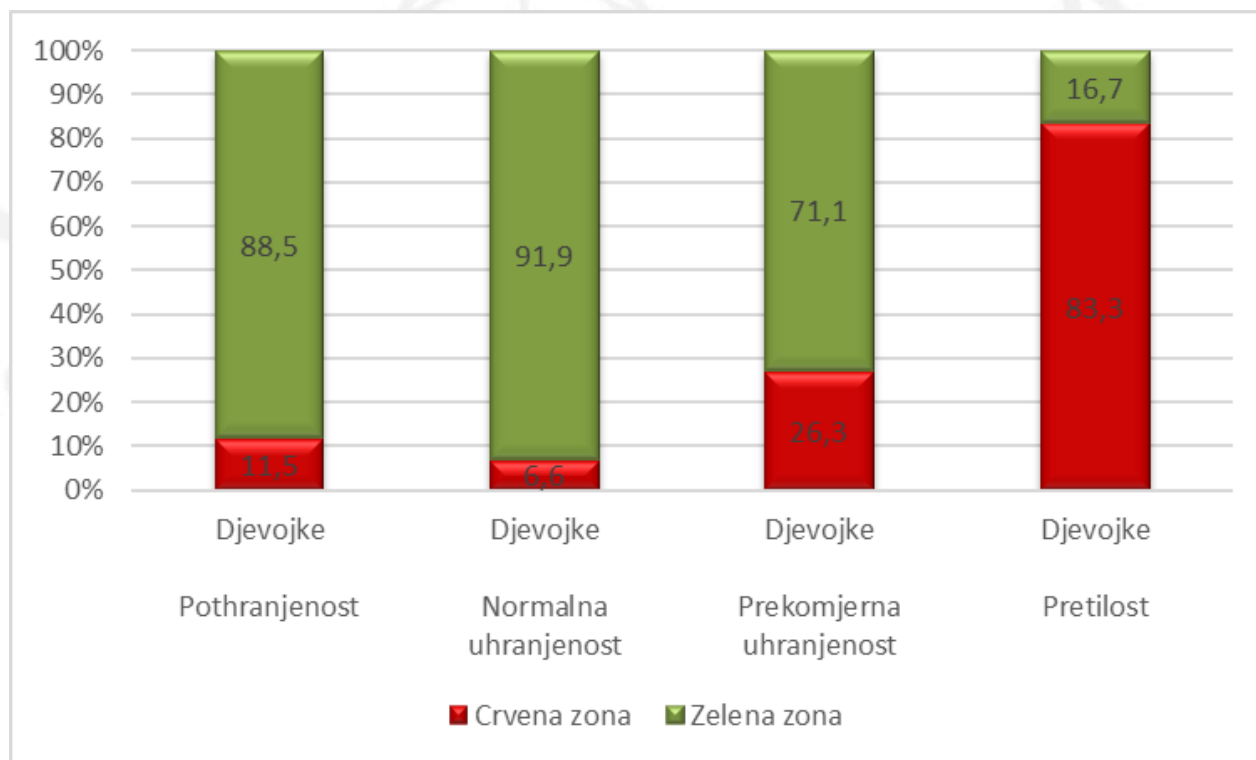


16god <175,1cm
17god <184,3cm



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Mišićni fitness - snaga nogu prema statusu uhranjenosti

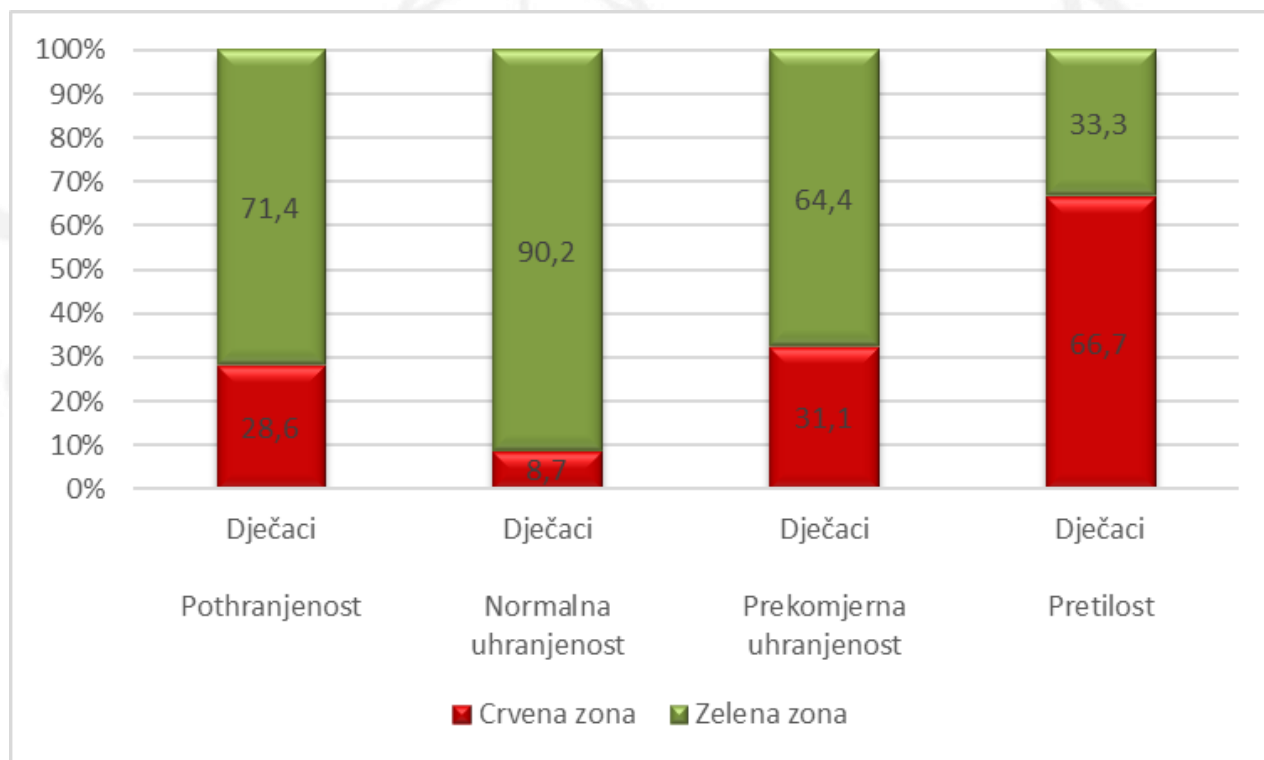


16god <126cm
17god <129,5cm



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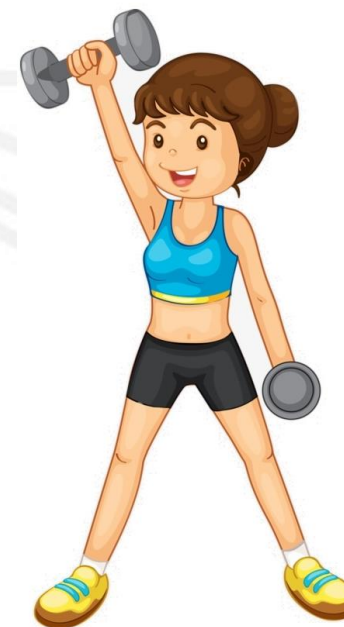
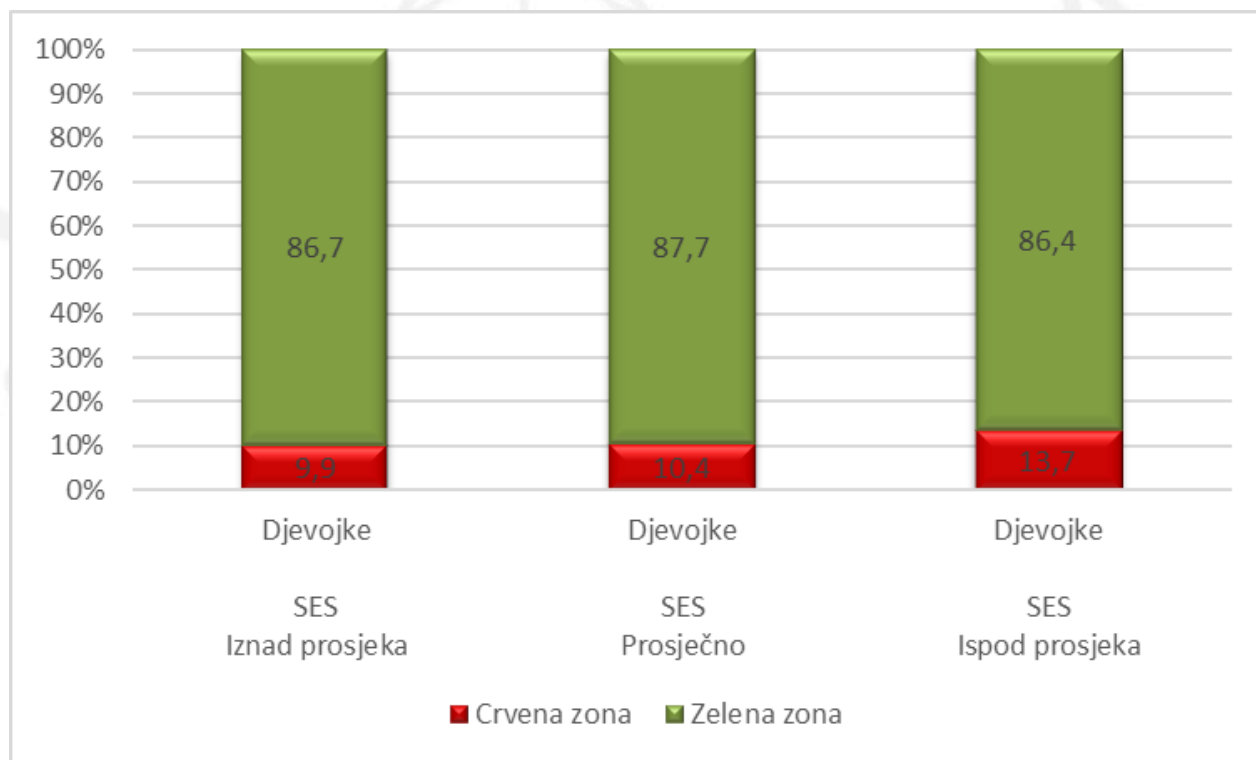


16god <175,1cm
17god <184,3cm



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Mišićni fitness - snaga nogu prema socio-ekonomskom statusu

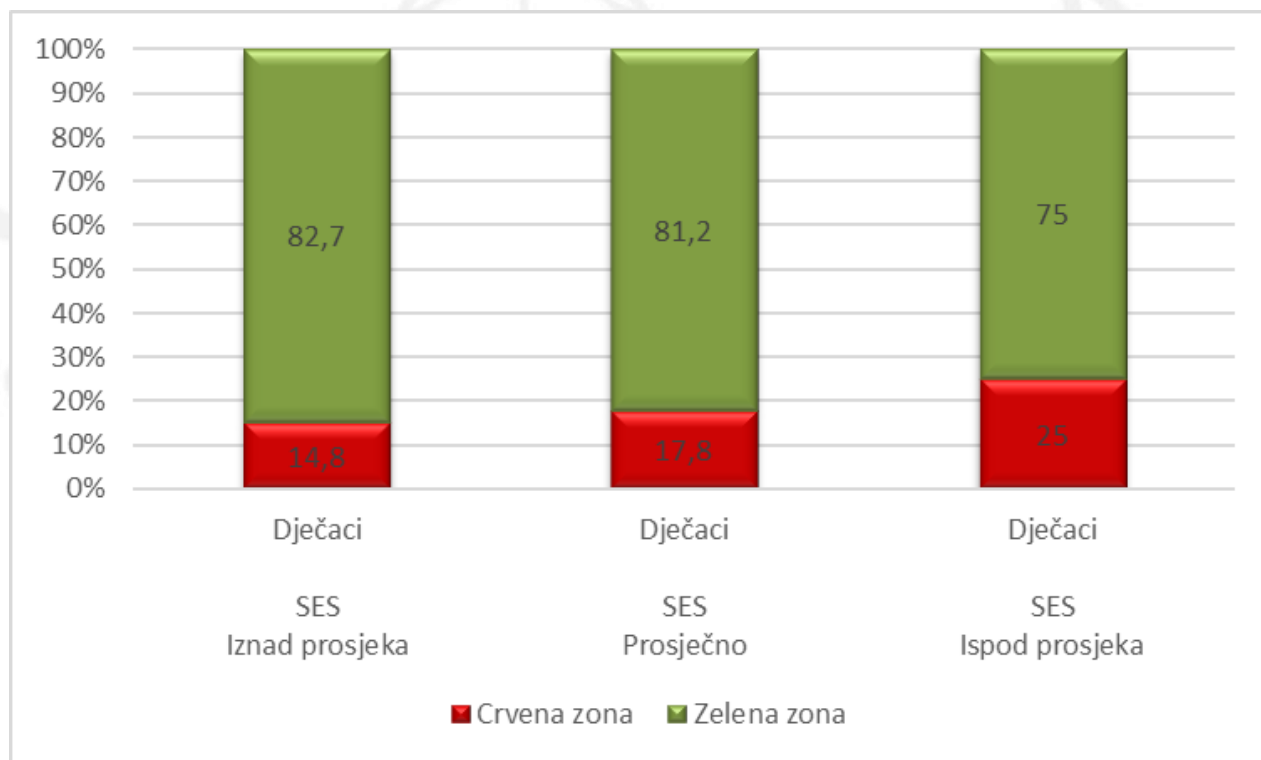


16god <126cm
17god <129,5cm



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Mišićni fitness - snaga nogu prema socio-ekonomskom statusu

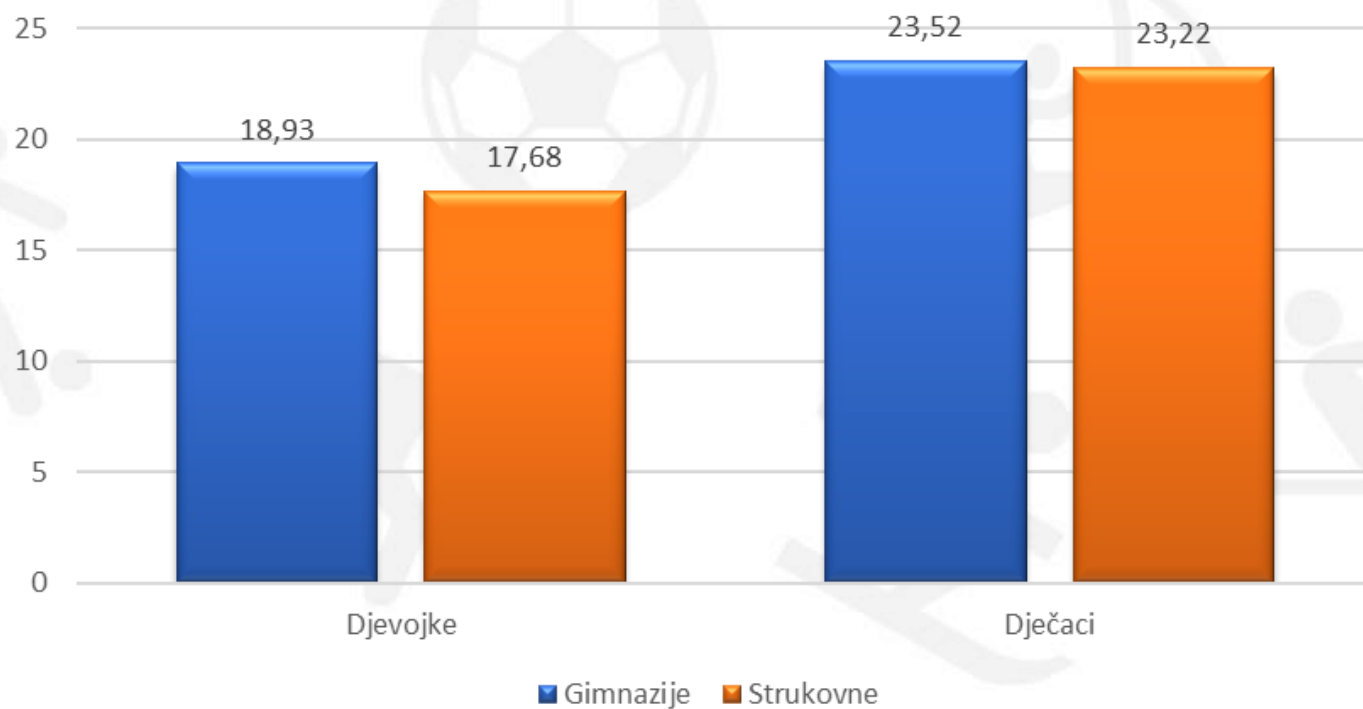


16god <175,1cm
17god <184,3cm



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Mišićni fitness - snaga trupa



P10 n15

P50 n20

P90 n25



P10 n19,n20

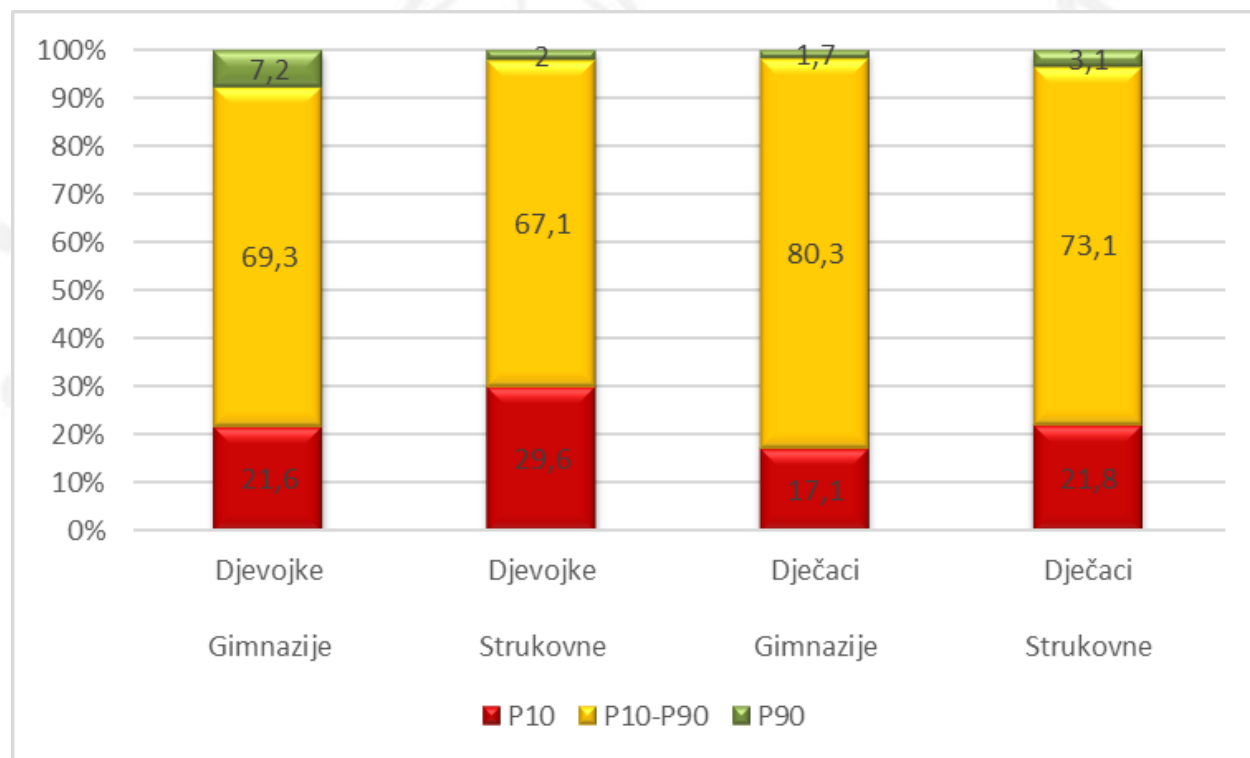
P50 n25

P90 n30,n31



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Mišićni fitness - snaga trupa



P10 n15
P50 n20
P90 n25

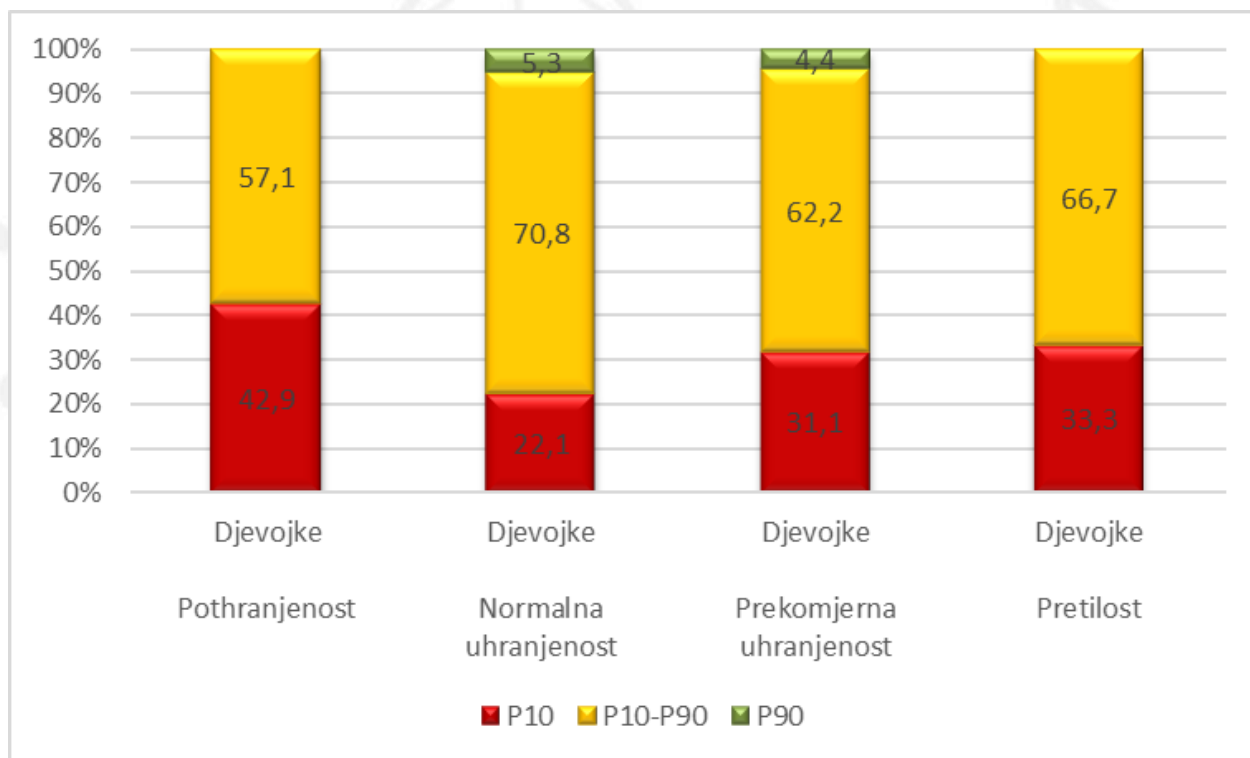


P10 n19,n20
P50 n25
P90 n30,n31



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Mišićni fitness - snaga trupa prema statusu uhranjenosti



P10 n15

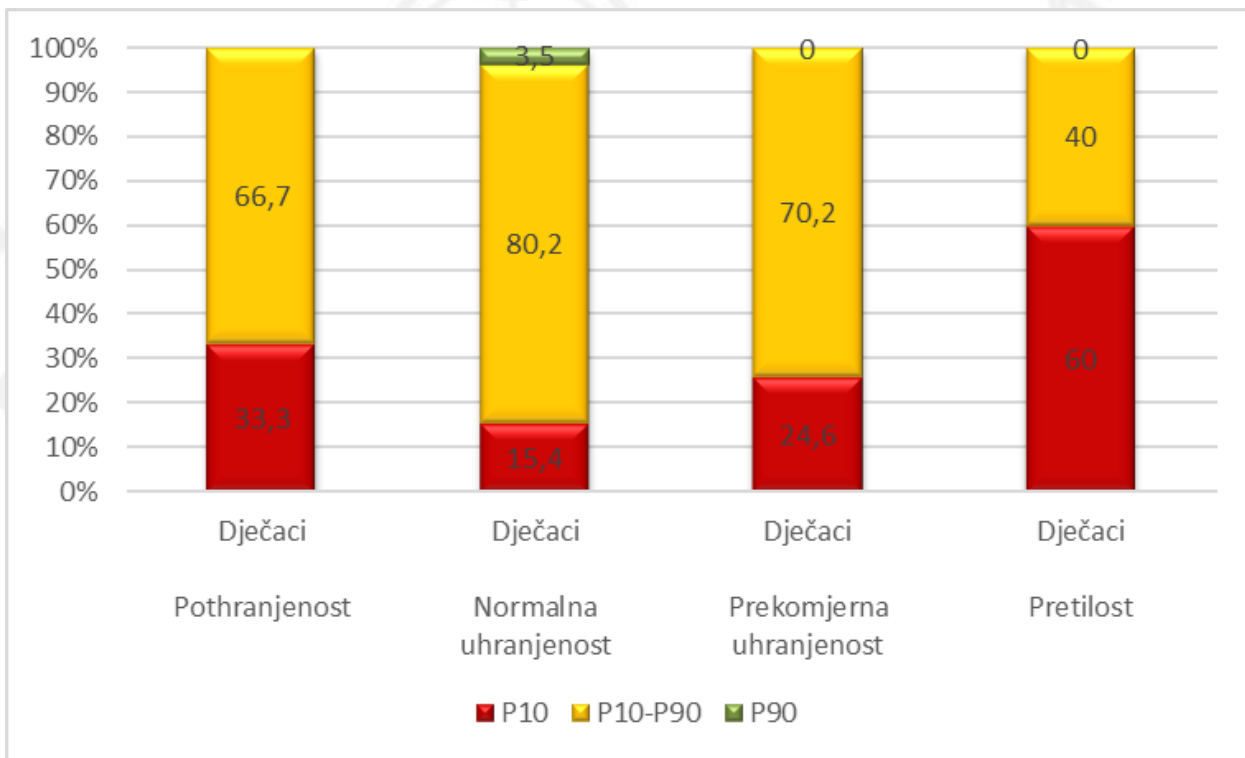
P50 n20

P90 n25



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Mišićni fitness - snaga trupa prema statusu uhranjenosti



P10 n19,n20

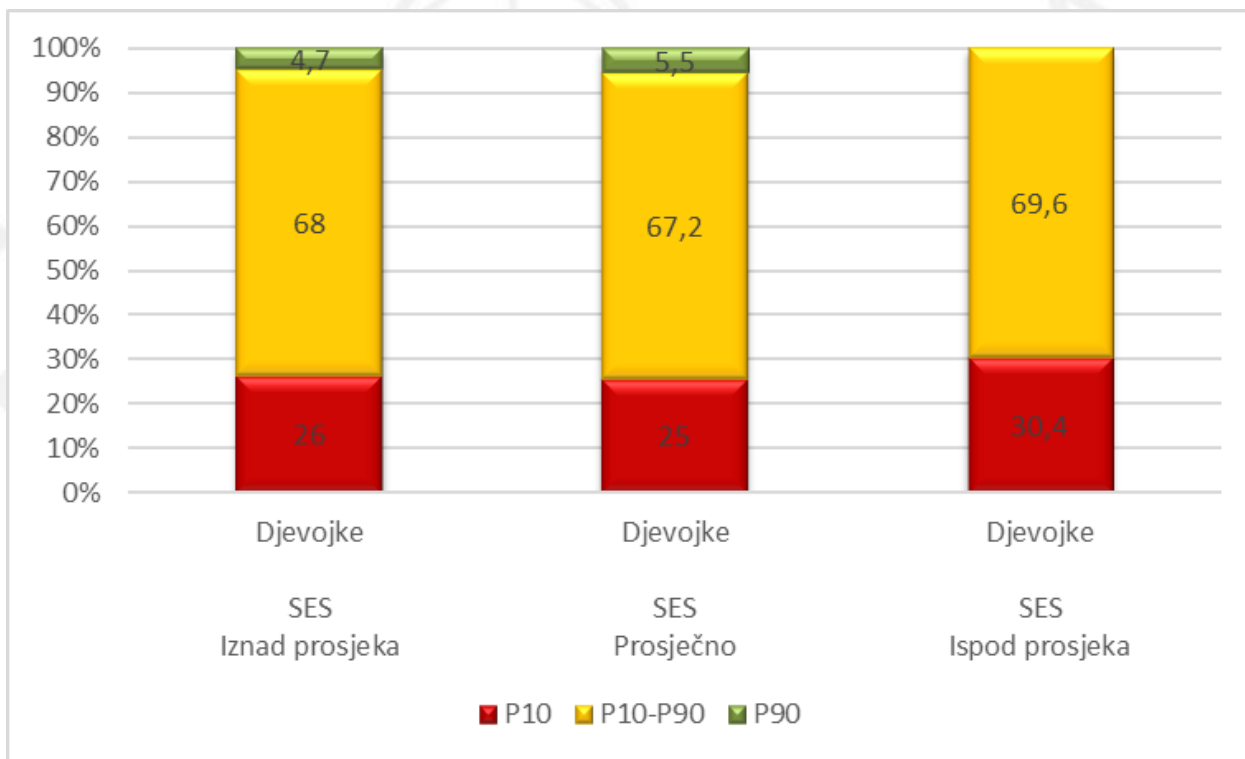
P50 n25

P90 n30,n31



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P10 n15

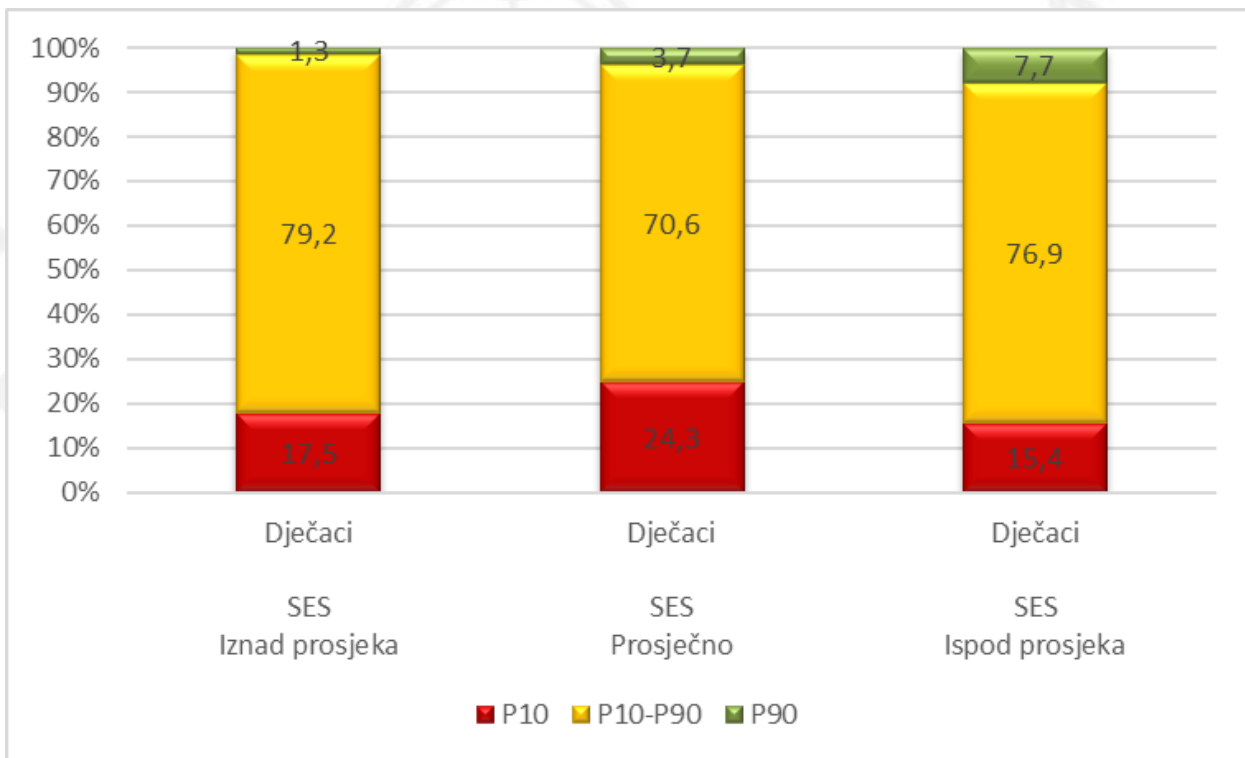
P50 n20

P90 n25



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P10 n19,n20

P50 n25

P90 n30,n31



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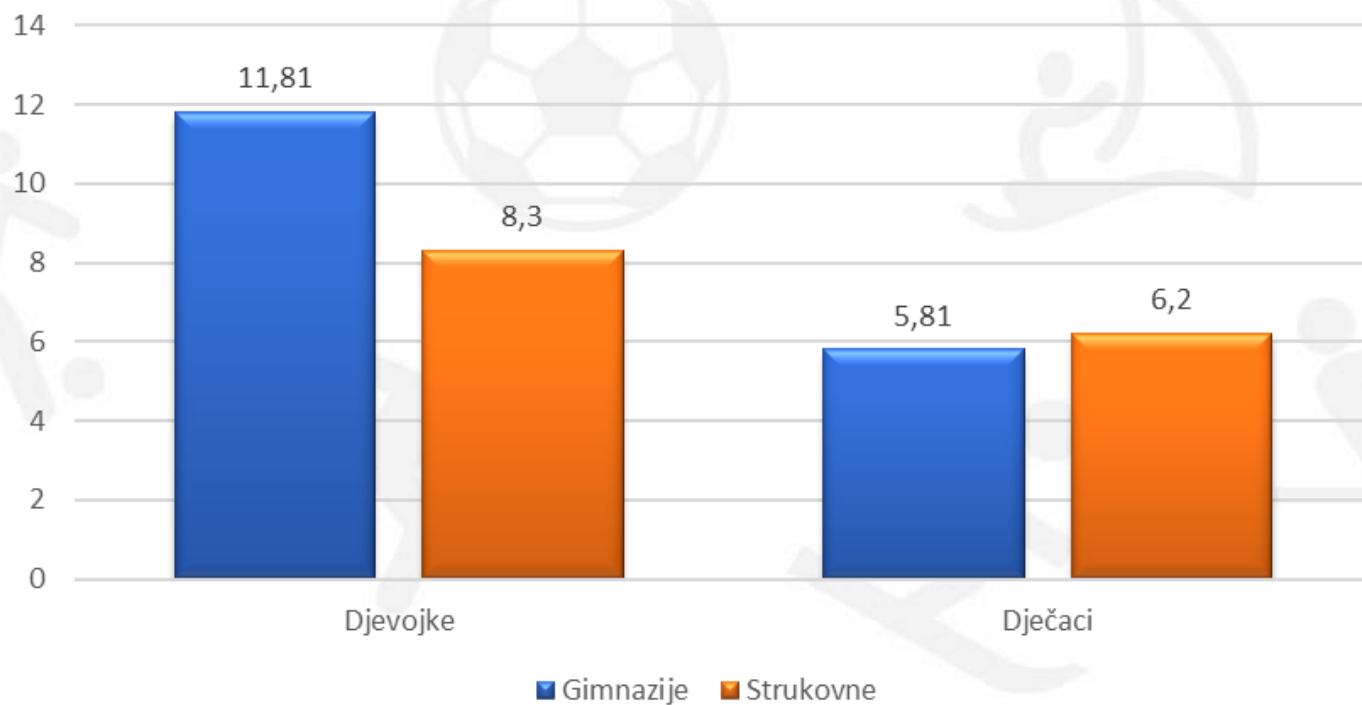
Fleksibilnost

- **Viša razina fleksibilnosti unaprjeđuje:**
 - mobilnost, posturu i ravnotežu tijela
 - mišićnu koordinaciju, sportsku izvedbu te smanjuje mogućnost ozljeđivanja.
- Fleksibilnost stražnje strane natkoljenice i donjeg dijela leđa
 - test „Pretklon u sjedu” (Sit and reach)



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Fleksibilnost



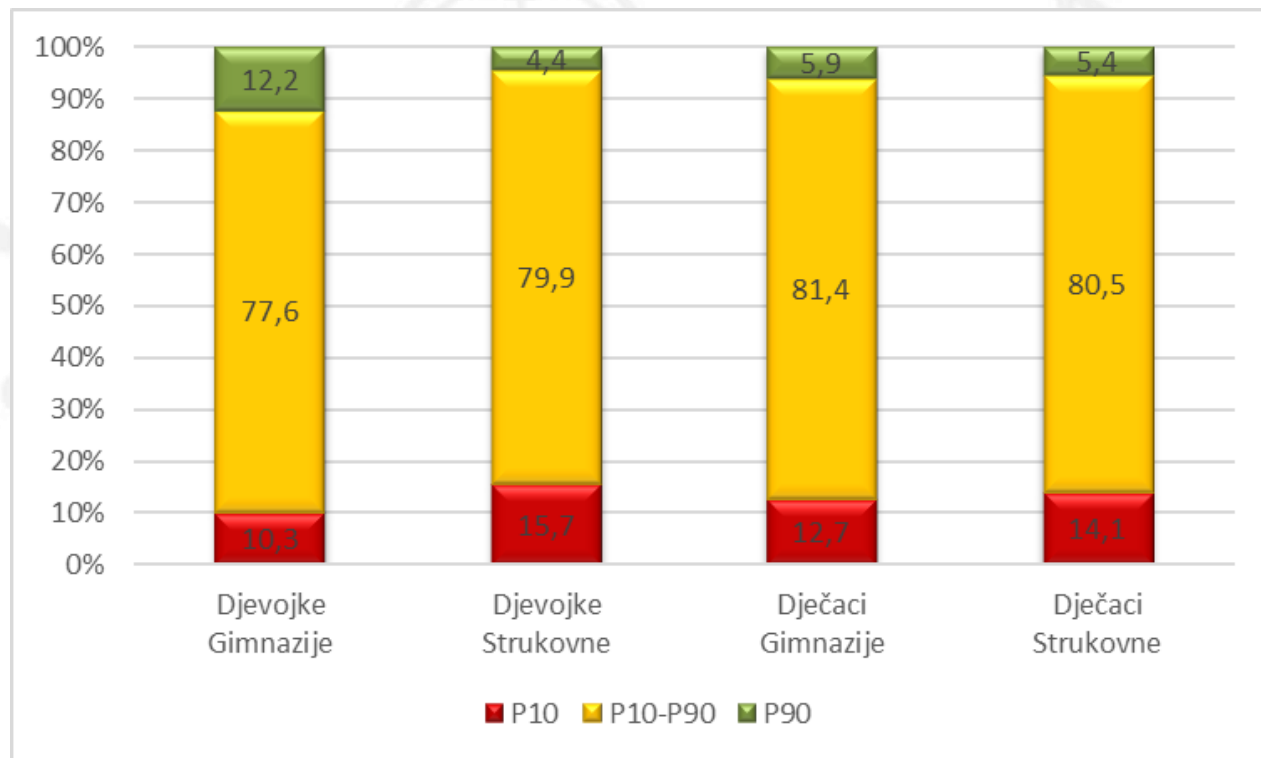
P10 2,2 cm
P50 11,1 cm
P90 20,2 cm

P10 -3,1 cm
P50 7,6 cm
P90 18,9 cm



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Fleksibilnost



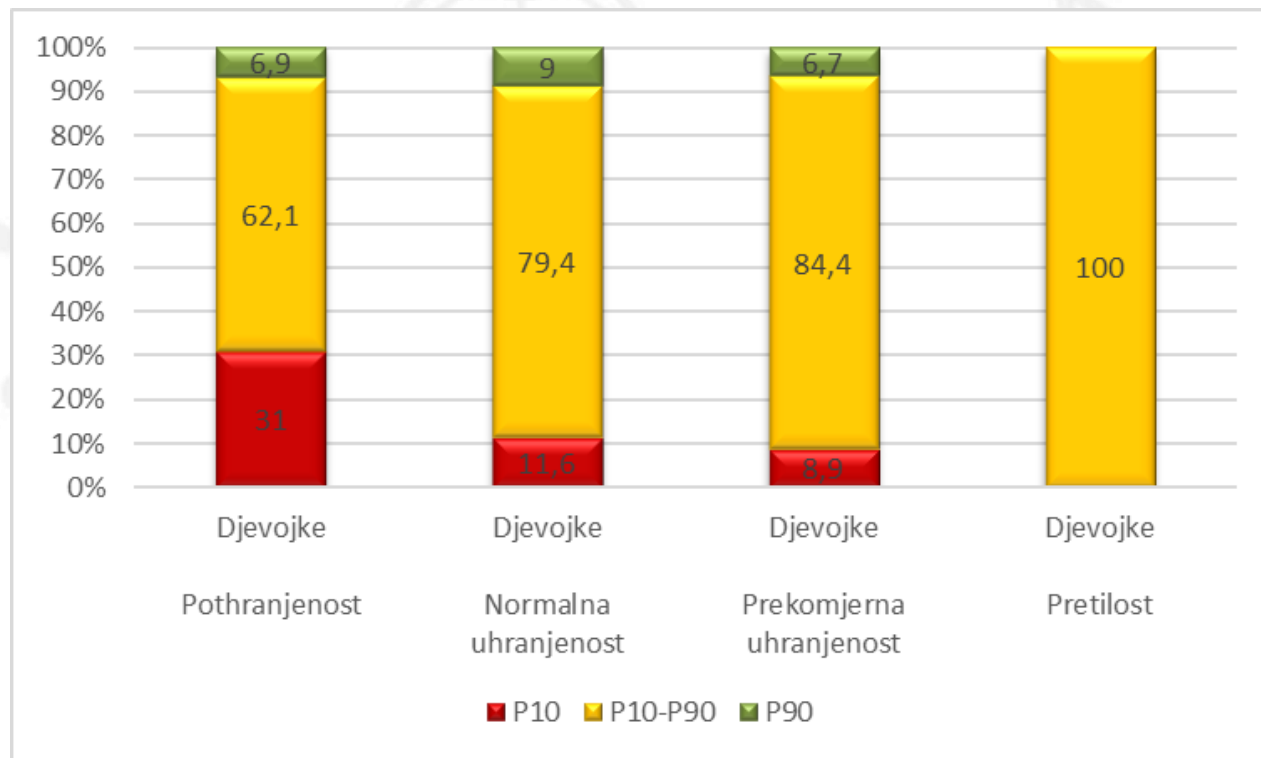
P10 2,2 cm
P50 11,1 cm
P90 20,2 cm

P10 -3,1 cm
P50 7,6 cm
P90 18,9 cm



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Fleksibilnost prema statusu uhranjenosti



P10 2,2 cm

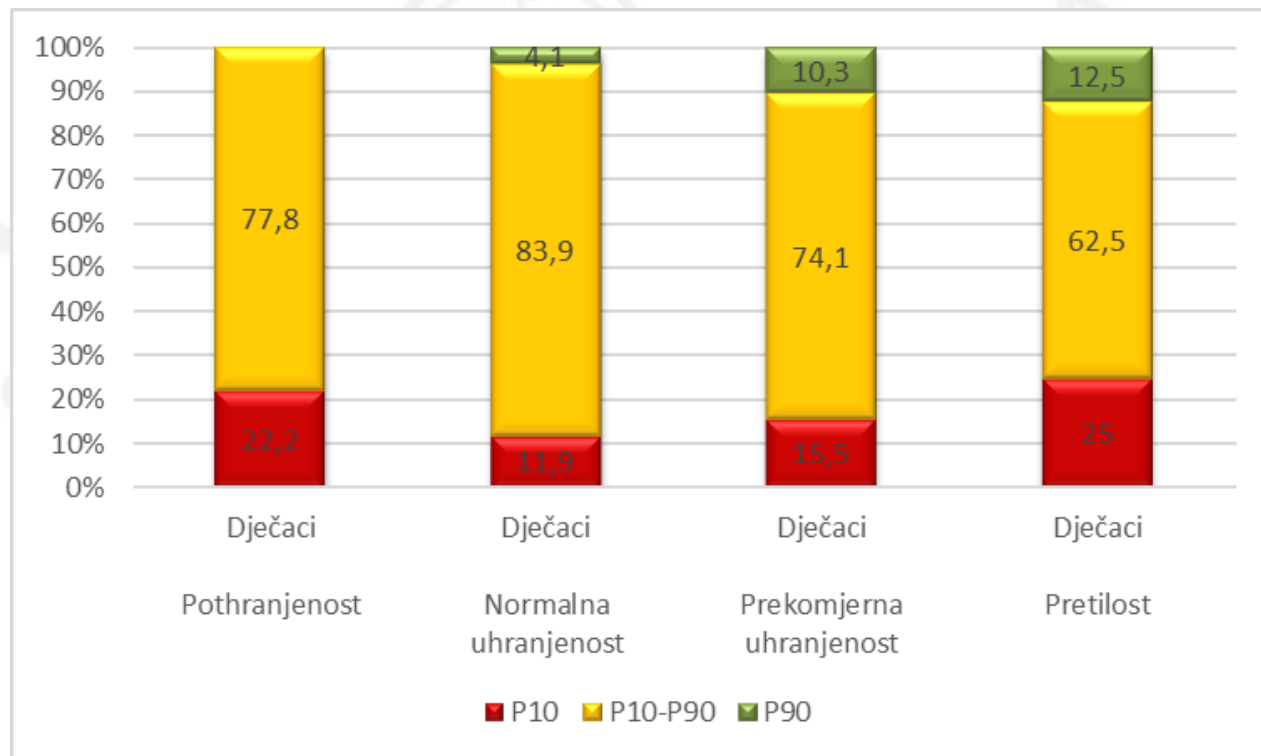
P50 11,1 cm

P90 20,2 cm



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Fleksibilnost prema statusu uhranjenosti



P10 -3,1 cm

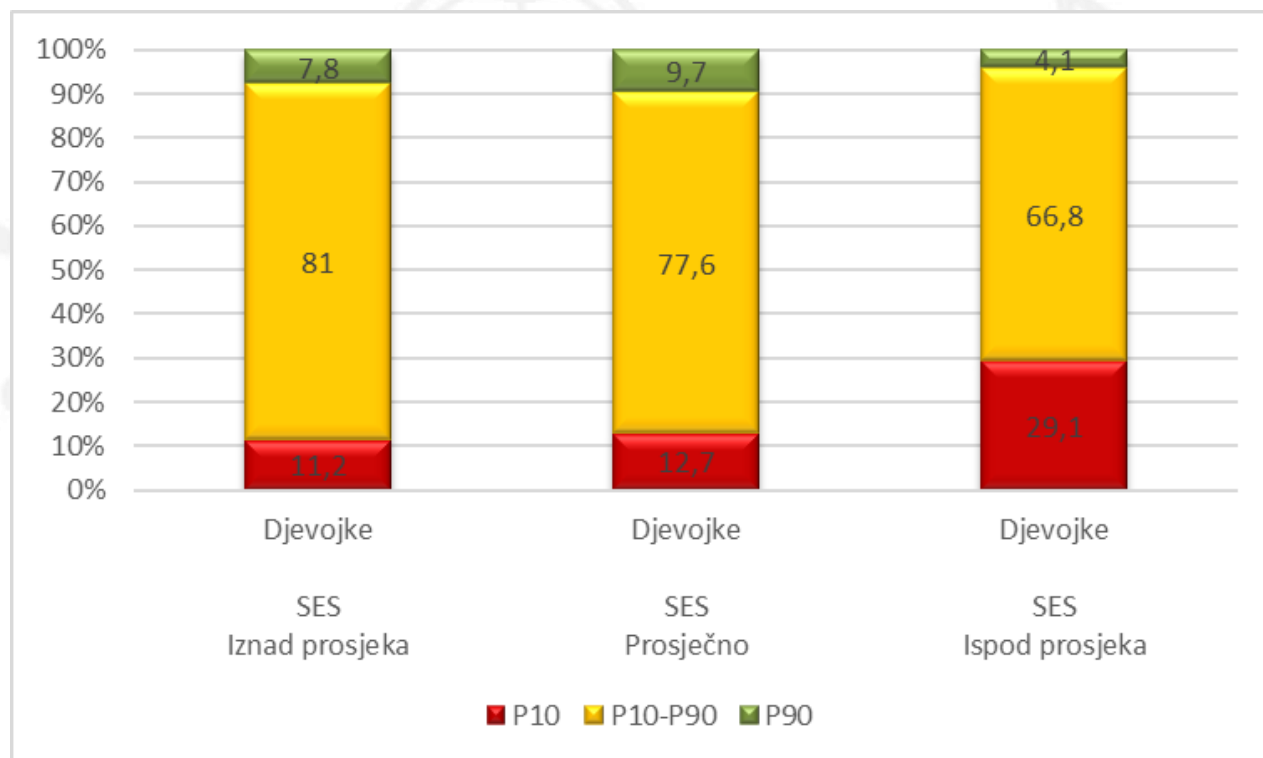
P50 7,6 cm

P90 18,9 cm



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Fleksibilnost prema socio-ekonomskom statusu



P10 2,2 cm

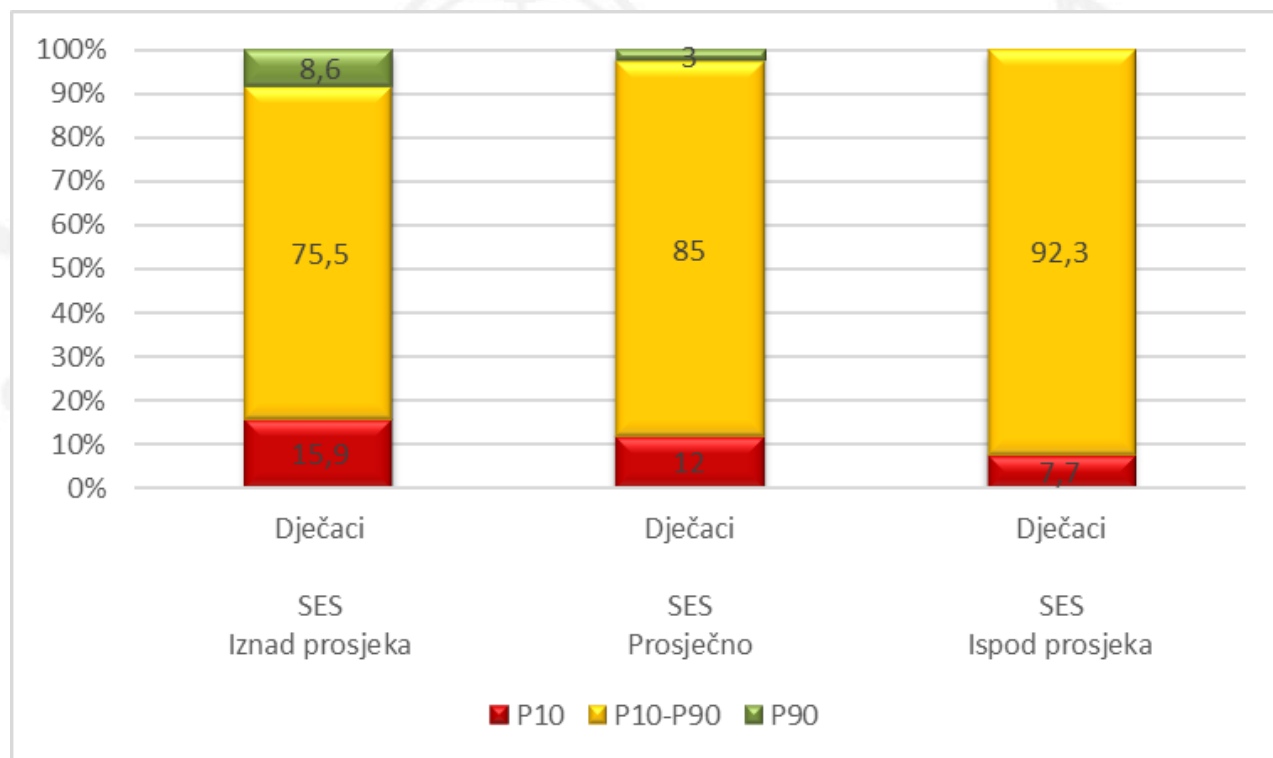
P50 11,1 cm

P90 20,2 cm



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Fleksibilnost prema statusu uhranjenosti



P10 -3,1 cm

P50 7,6 cm

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