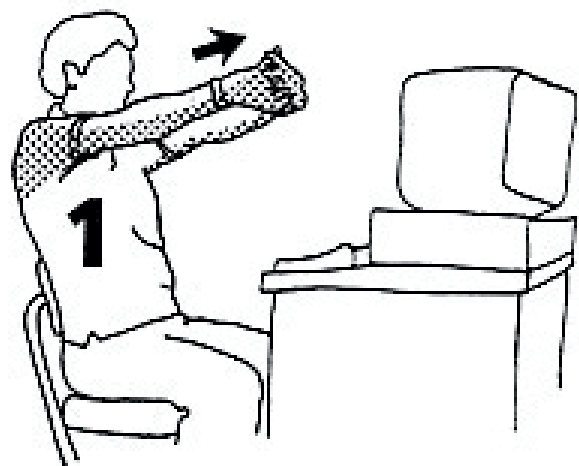
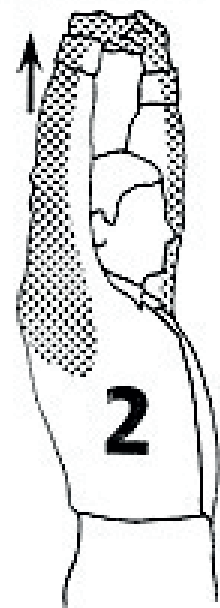


# VJEŽBE RASTEREĆENJA, OPUŠTANJA, RAZGIBAVANJA I ISTEZANJA ZA RAD S RAČUNALOM



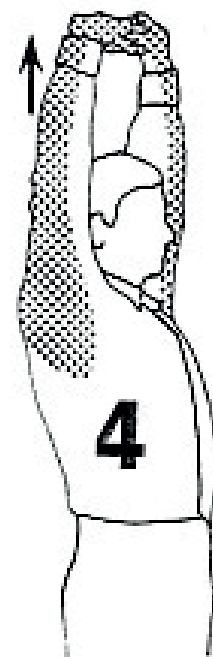
1  
10-20 sekundi zadržati,  
ponoviti 2 puta



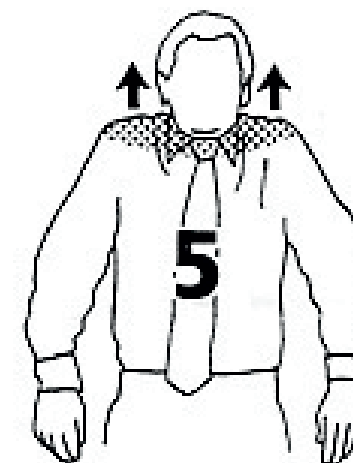
2  
15-20 sekundi,  
zadržati



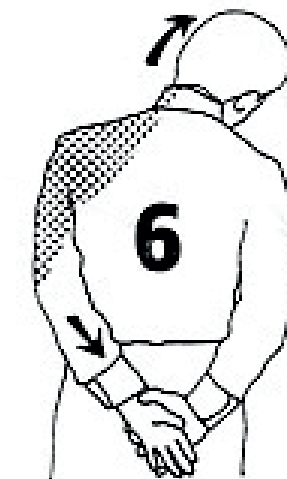
3  
15-20 sekundi zadržati,  
promijeniti stranu



4  
15-20 sekundi,  
zadržati



5  
15-20 sekundi,  
zadržati



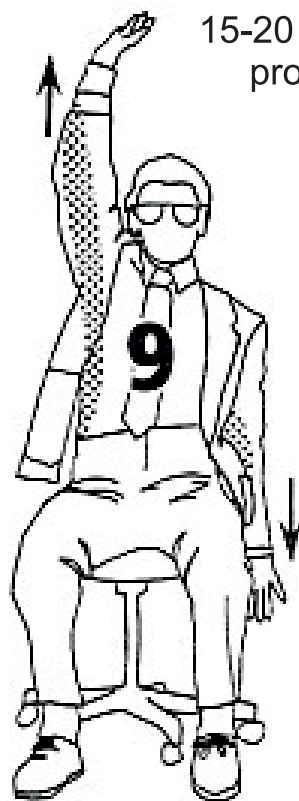
6  
3-5 sekundi zadržati,  
ponoviti 3 puta,  
promijeniti stranu



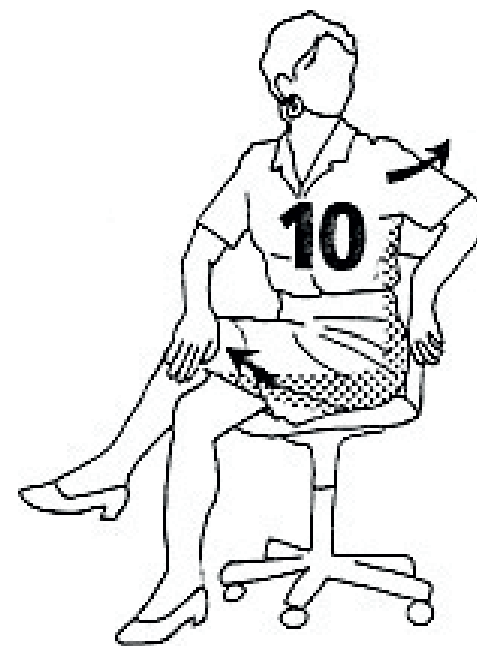
7  
10 sekundi zadržati



8  
10 sekundi zadržati



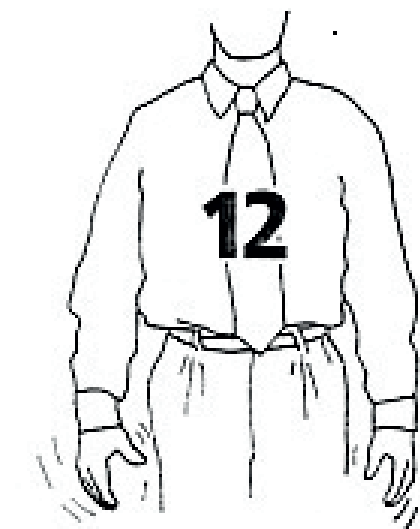
9  
8-10 sekundi zadržati,  
promijeniti stranu



10  
8-10 sekundi zadržati,  
promijeniti stranu



11  
10-15 sekundi zadržati,  
ponoviti 2 puta



12  
protresti šakama,  
8-10 sekundi

**Vježbe radite polako  
i bez naglih trzaja.**

**Trajanje: 4-5 min.**

**VJEŽBANJE JE KORISNO**

Smanjuje mišićnu napetost i rizik od ozljeda.  
Poboljšava cirkulaciju i ukupno raspoloženje.  
Olakšava rad i smanjuje tjeskobu, stres i umor.



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