



Javor Vrkljan - kondicijski trener

Što je kardio tenis ?

- *visoko intenzivan **fitness program** koja pruža mogućnost za vrhunski kardio trening i istovremeno poboljšava vještine igranja tenisa za polaznike različitih nivoa fizičke spreme i dobi*
- *vježba se uz glazbu za brojem otkucaja ritma od otprilike 120 – 160 u minuti*

Tko je osmislio kardio tenis?

- Mir Rahim

- rođen u Pakistanu 1948.

- 1972. **South Carolina, Clemson University**

- Bio je najnagrađivaniji igrač u prvoj godini studija, a iste je godine bio izabran za trenera momčadi

- 1987. Mir dobiva **certifikat fitness trenera** i dobar dio teniskih dvorana pretvara se u prostorije za aerobik, teretane i naglasak se stavio na osobni trening

- 1995. osmišlja program za rekreativce koji će omogućiti treniranje u aerobnoj zoni i omogućiti kardiovaskularan trening

Cilj kardio tenisa ?

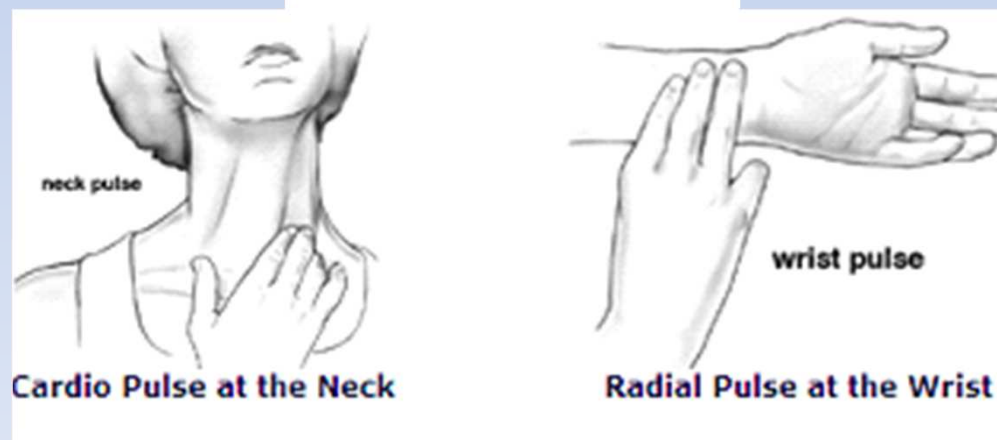
- *Treniranje u vlastitoj zoni*
- *Sagorijevanje kalorija*
- *Trenirati za tenis*

Što je aerobna zona vježbanja i kako odrediti taj raspon?

Kako odrediti max otkucaj srca prema dobi ?

Trebaju li ljudi koji nisu u formi ili koji se oporavljaju od operacije vježbati u nižoj zoni?

Kako izmjeriti otkucaje srca?



Benefiti kardio tenisa :

- Intervalni rad treninga
- Sagorijevanje kalorija
- Društveni kontakti
- Zabava
- Poboljšanje igre
- Smanjenje krvnog tlaka
- Redukcija potkožnog masnog tkiva
- Poboljšanje općeg zdravlja

Kako izgleda kardio tenis trening?

- *Zagrijavanje*
- *Kardio segment*
 - *drills*
 - *games*
- *“Cool Down”*

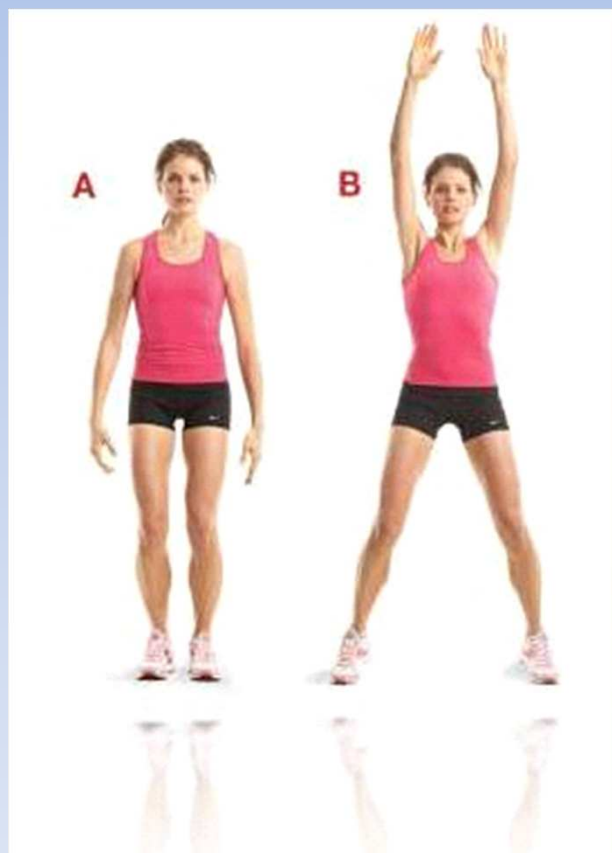
Rekviziti:



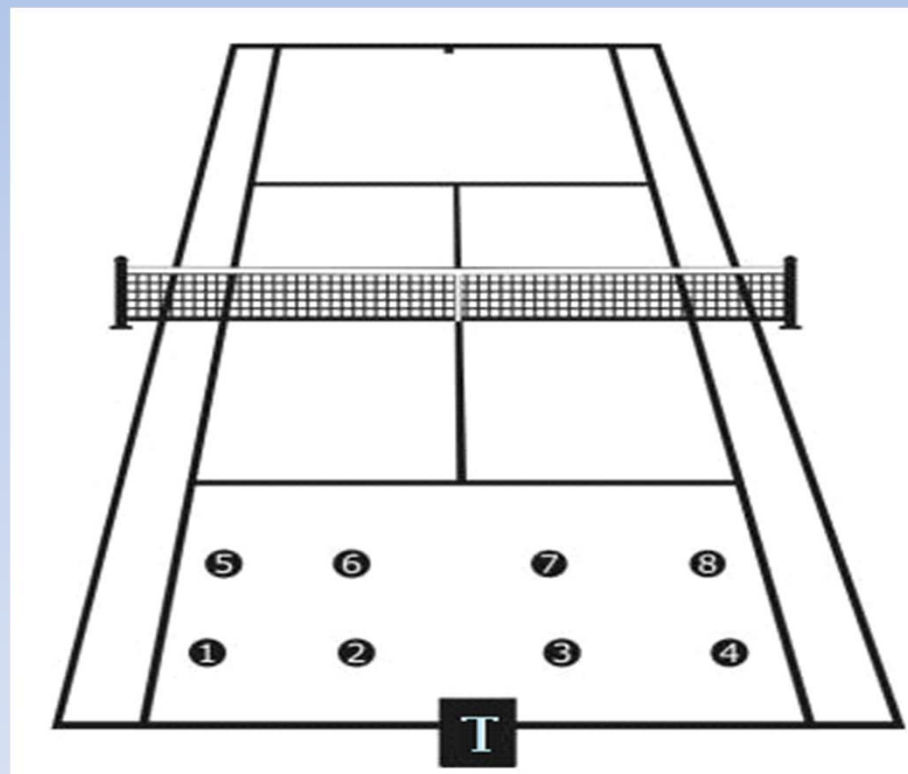
Primjer treninga:

Warm up

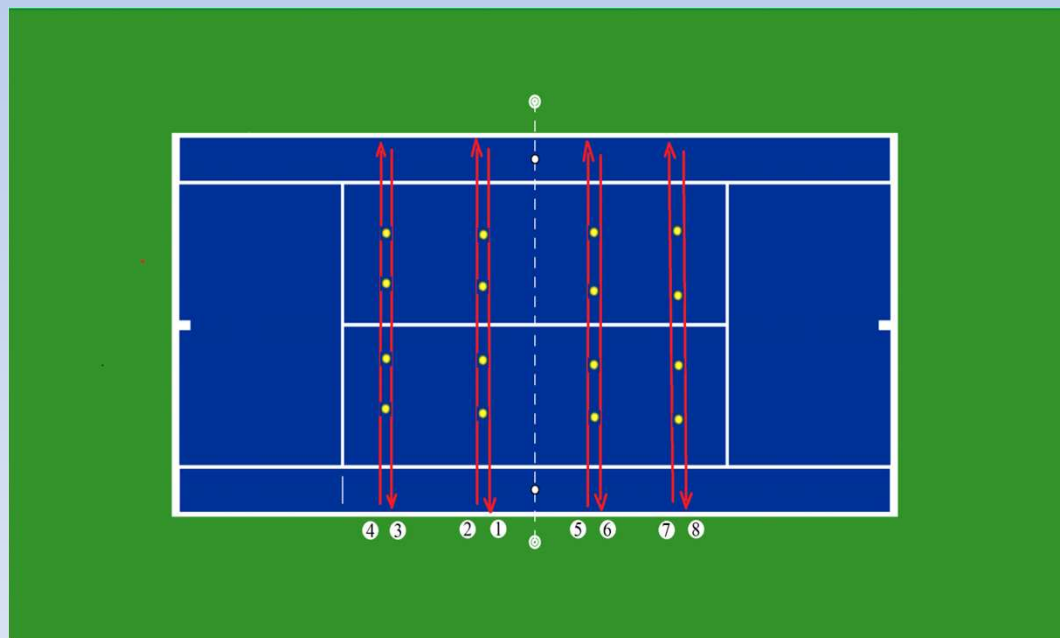
" JUMPING JACKS + SKIP "



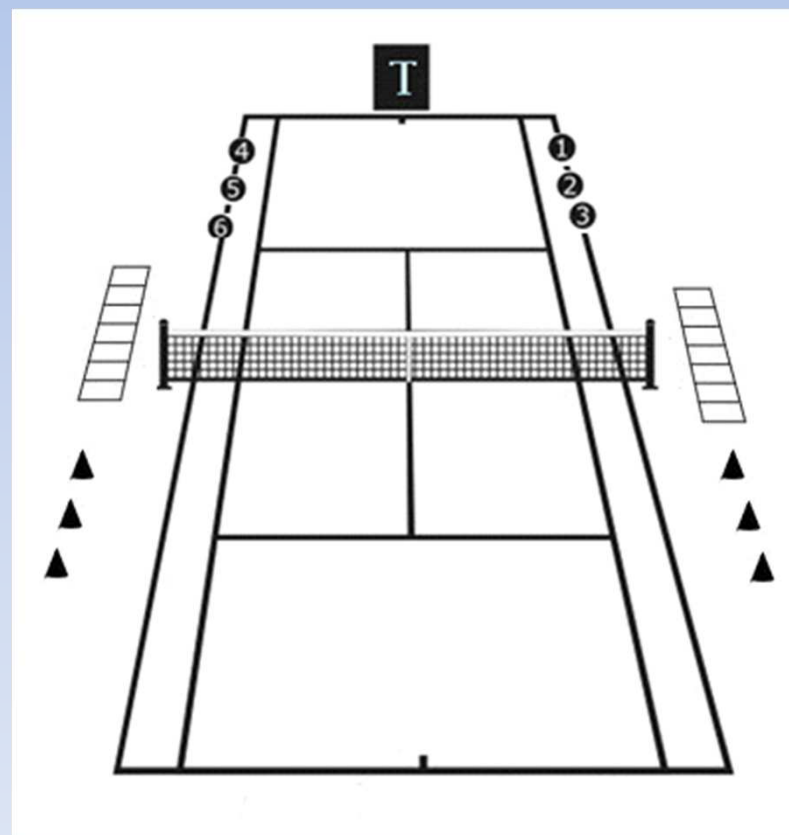
" PLIVANJE SLOBODNIM STILOM "



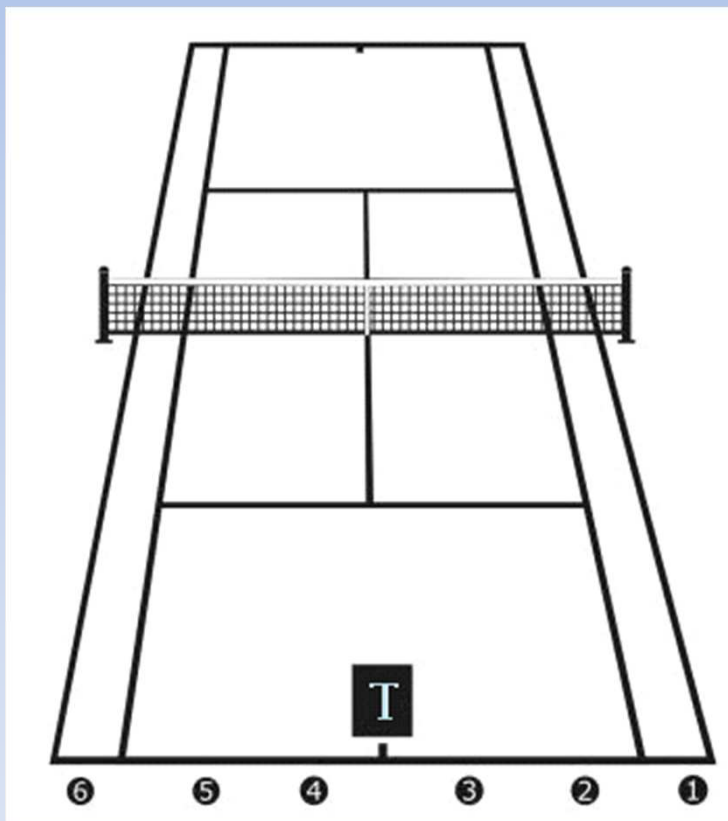
" DODAVANJE U PARU "



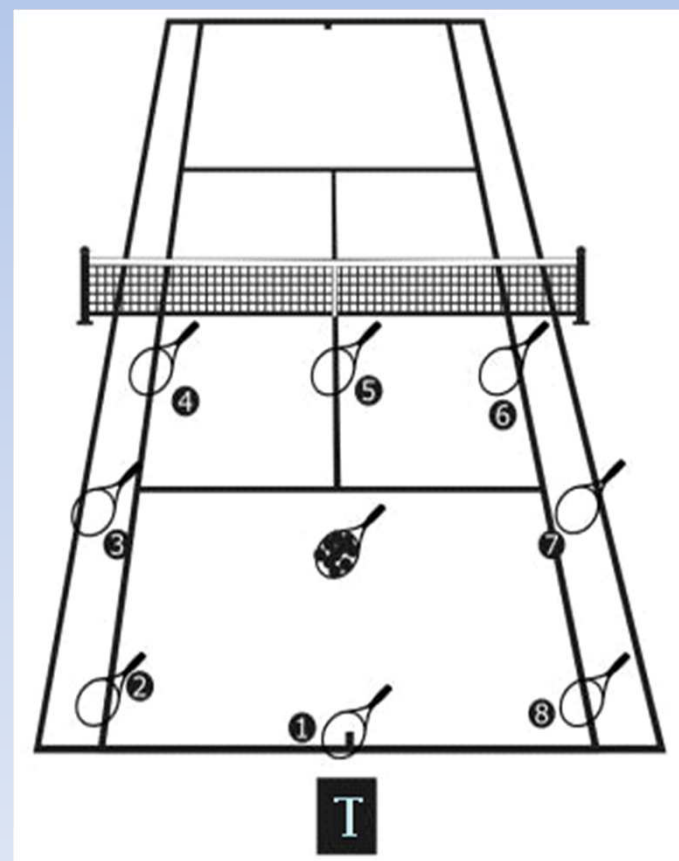
" FOOT WORK "



" VISOKI SKIP + SPLIT STEP "

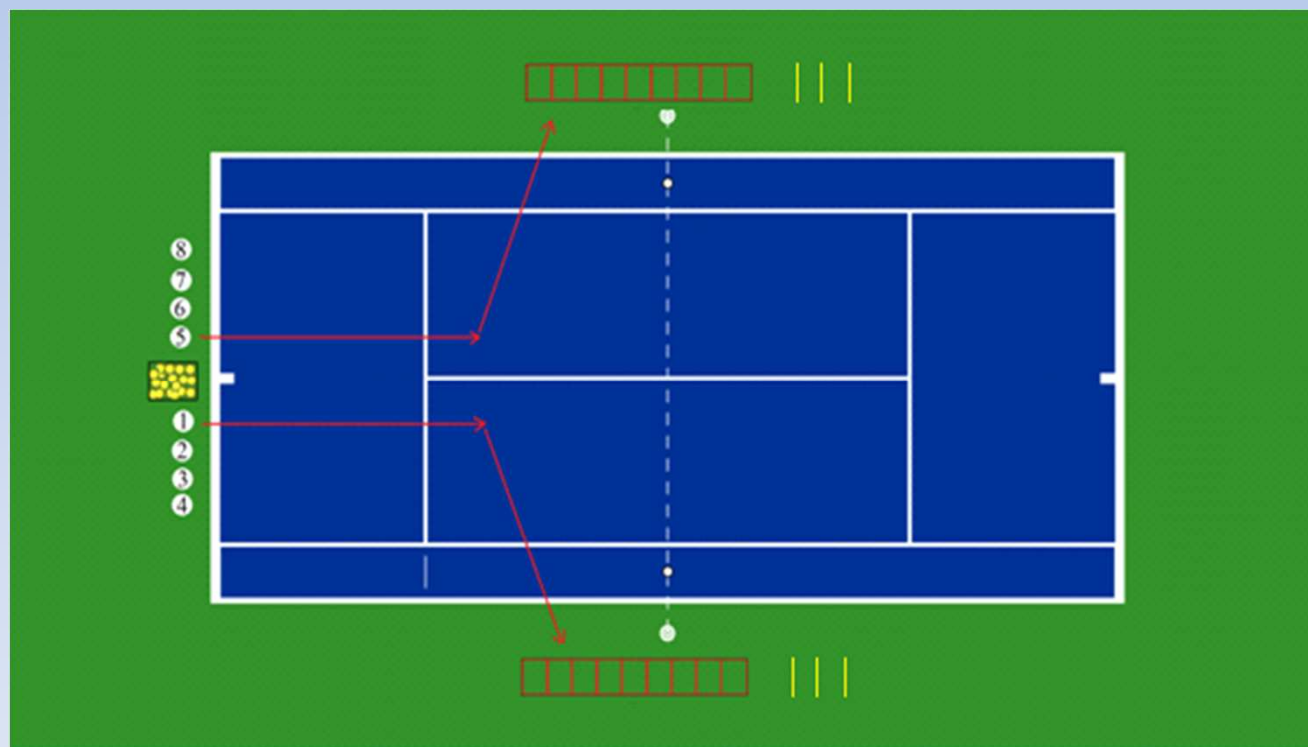


" KRADLJIVAC "

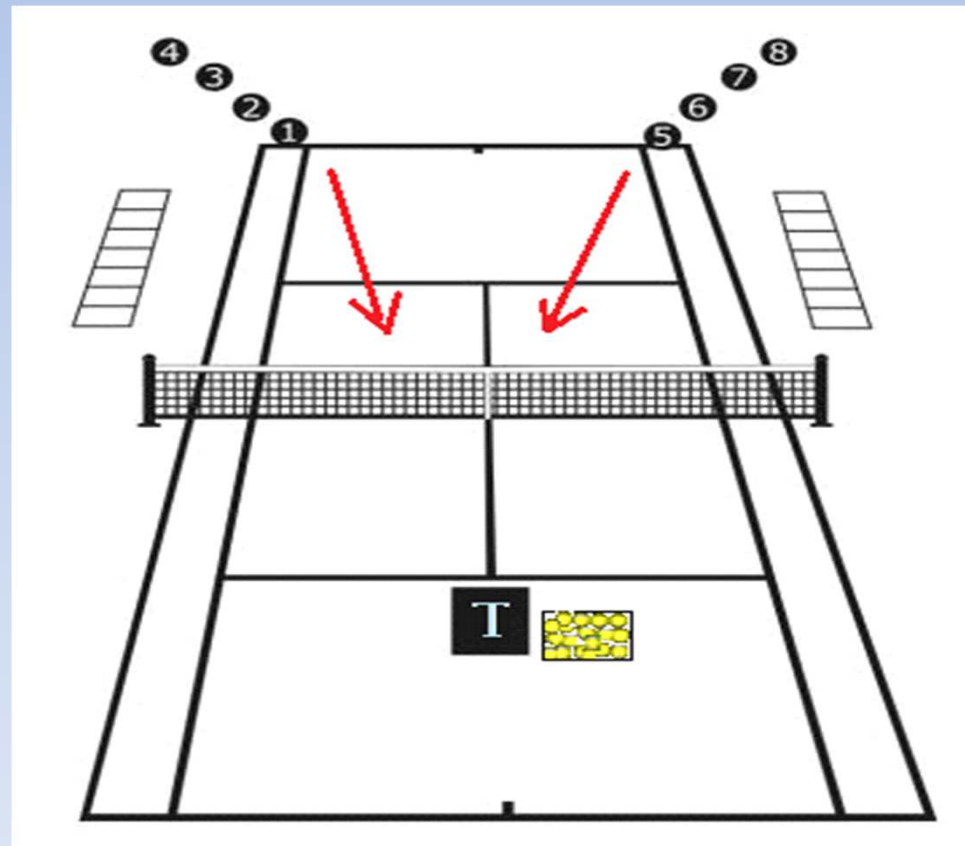


Glavni dio (Drills)

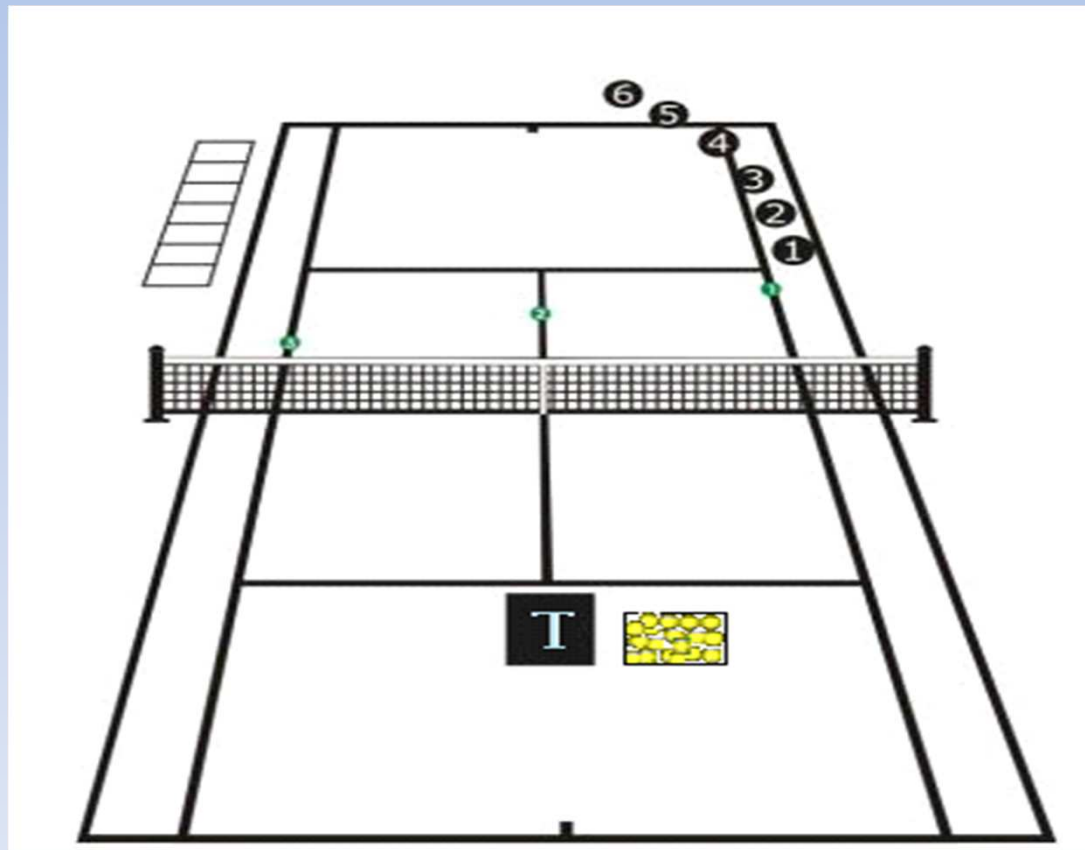
"BOUNCE & HIT FOREHAND "



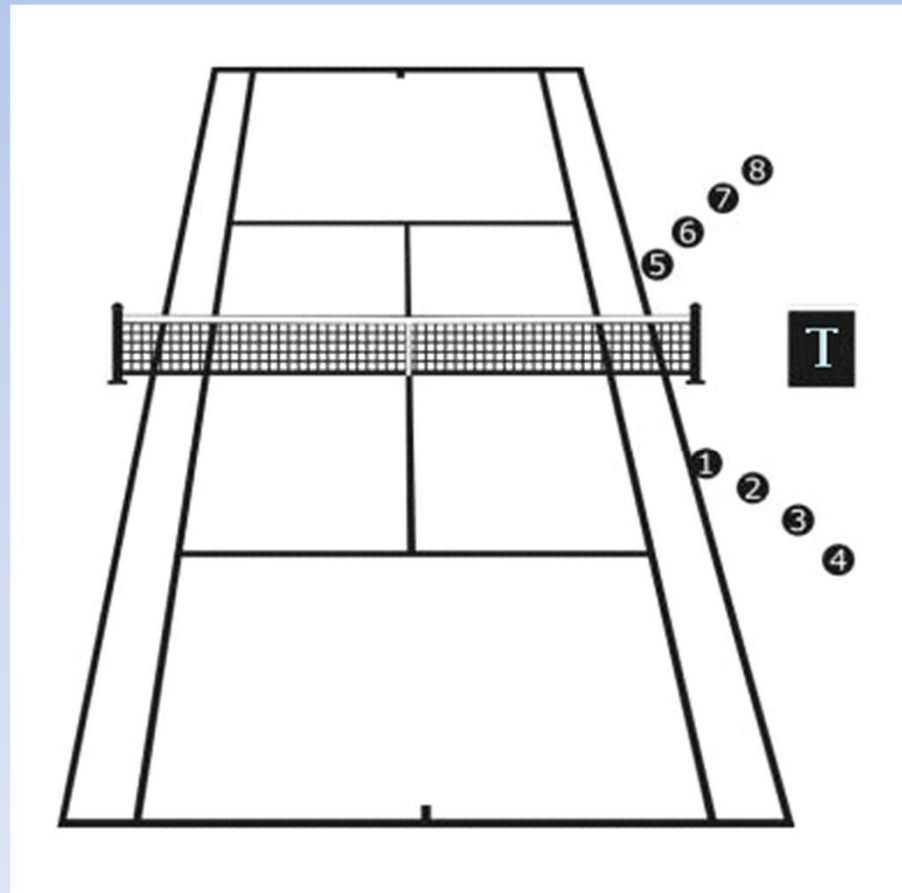
„APROACH & POACH”



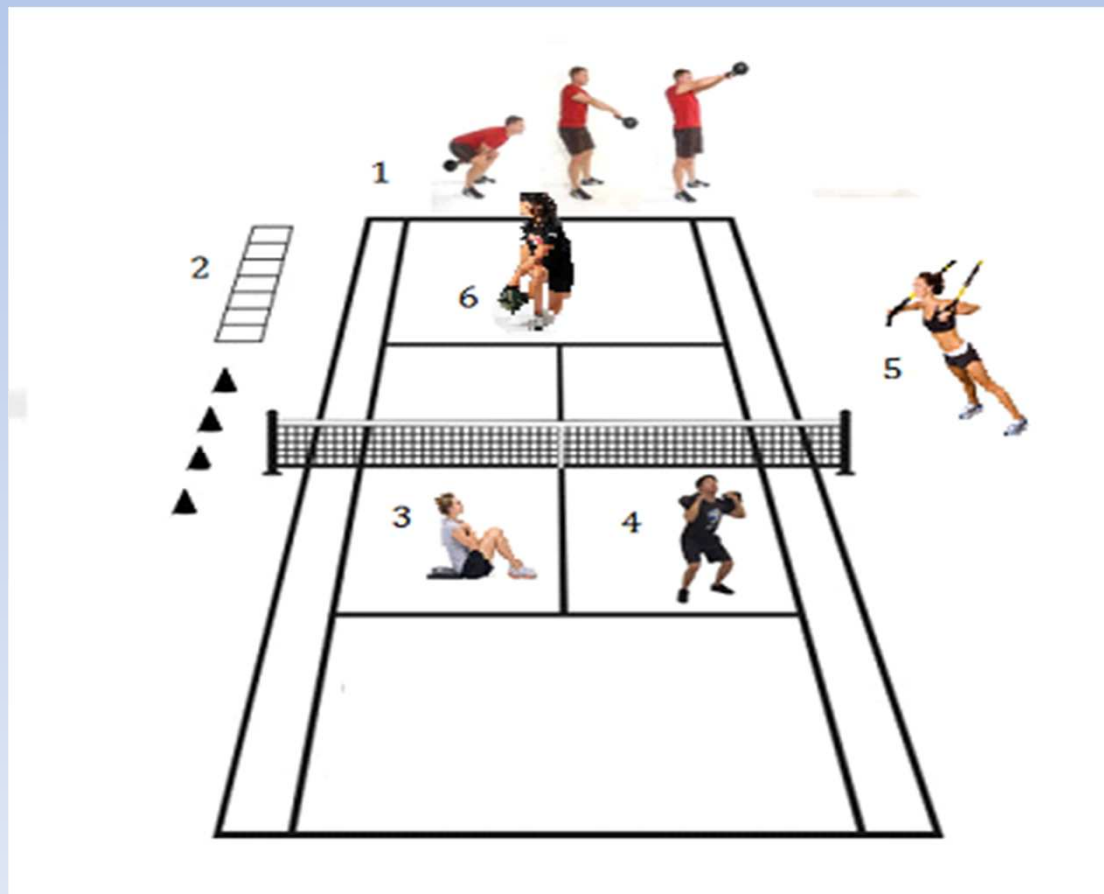
" 3 VOLEJA "



" OVERHEAD TAP THE NET "



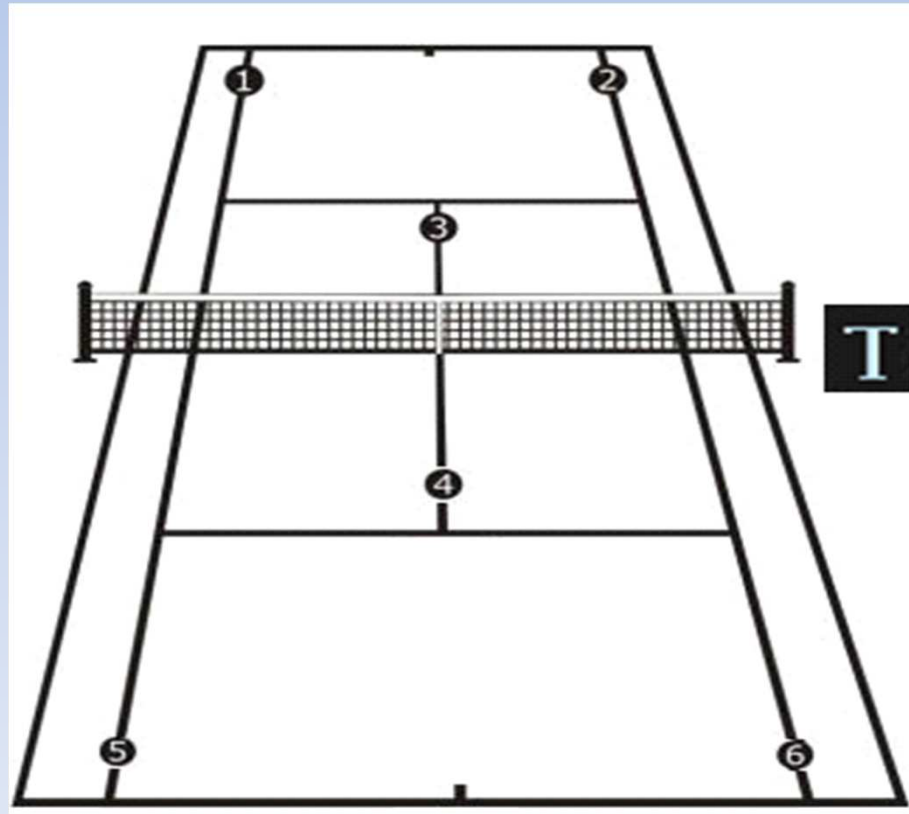
Kružne stanice:



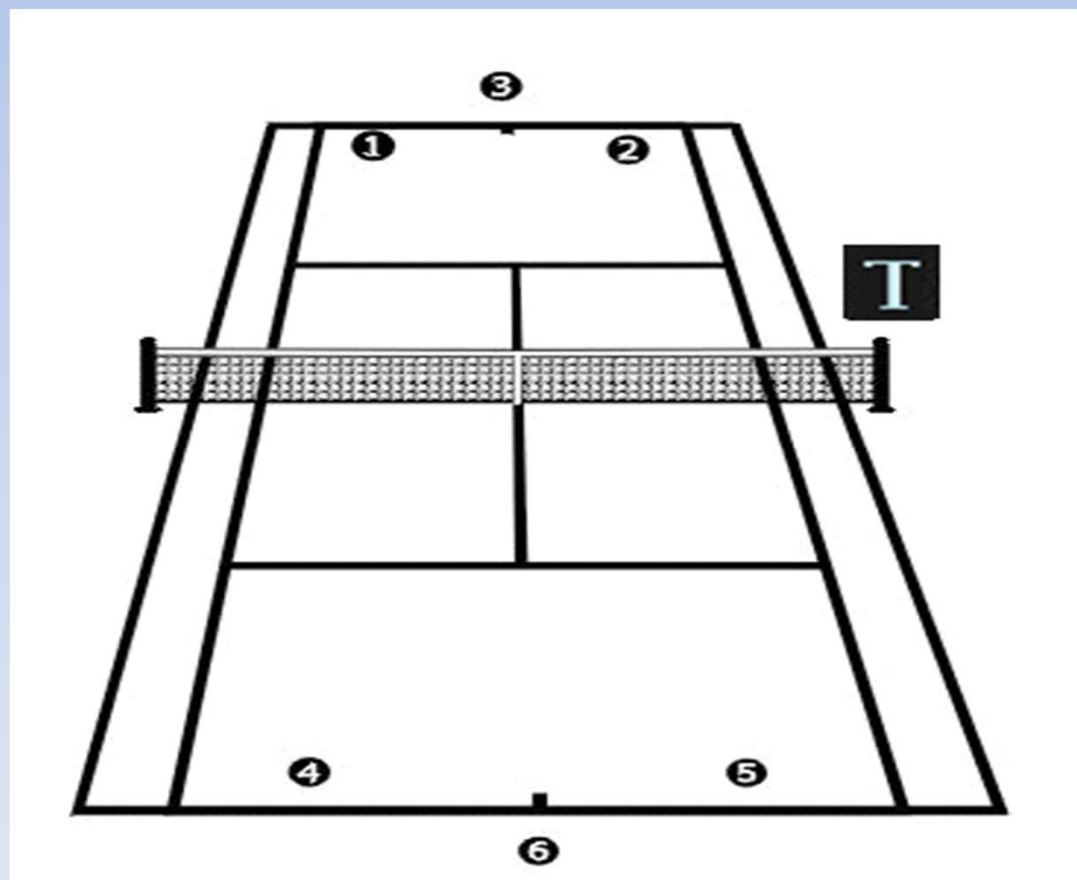
GLAVNI DIO (IGRA)

- *"TRIPLES"*
- *"2 against 2"*

" TRIPLES "



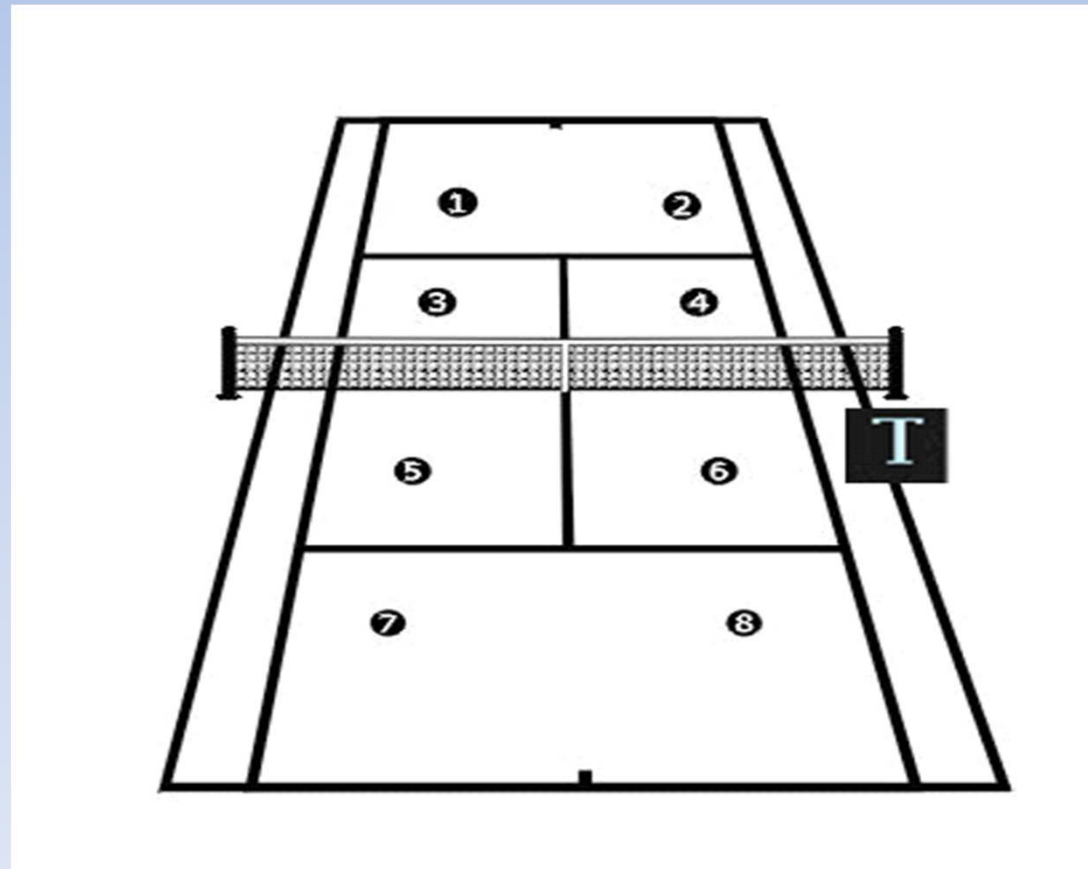
"2 against 2"



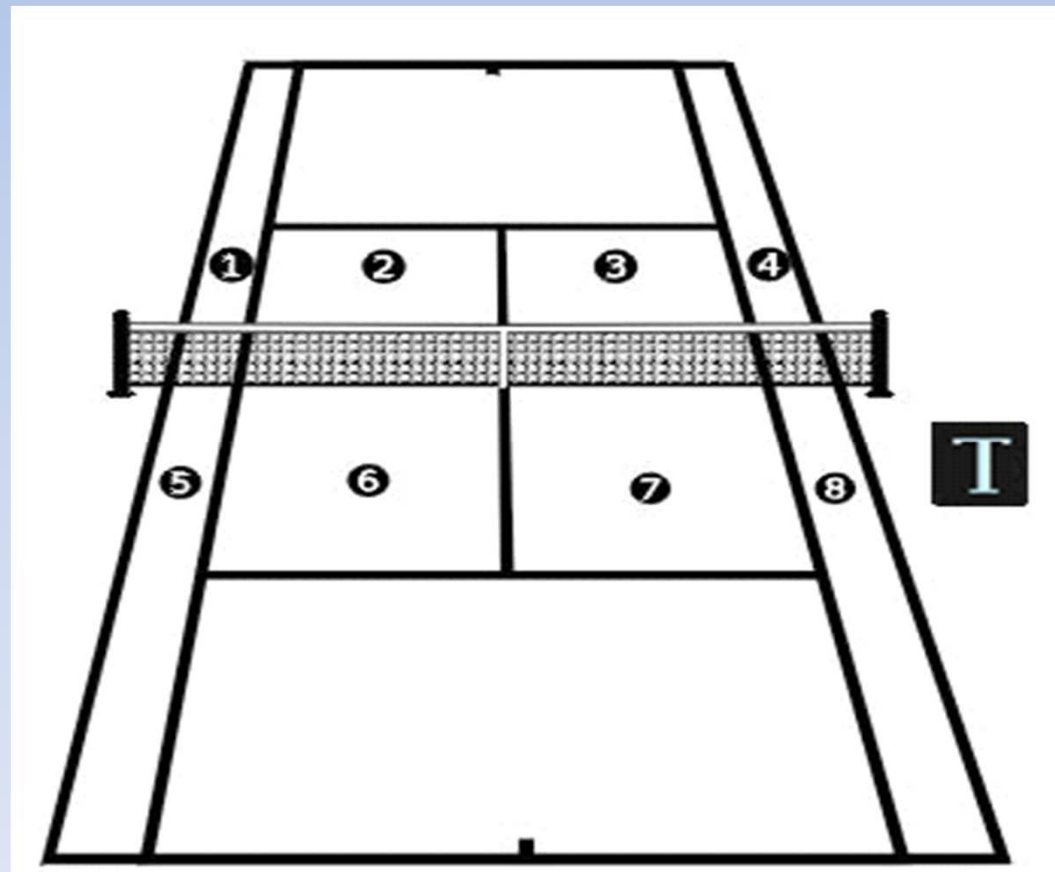
VJEŽBE "HLAĐENJA" I ISTEZANJE

- ODBOJKA –TENIS***
- VOLEJ U PARU***
- SERVISI***

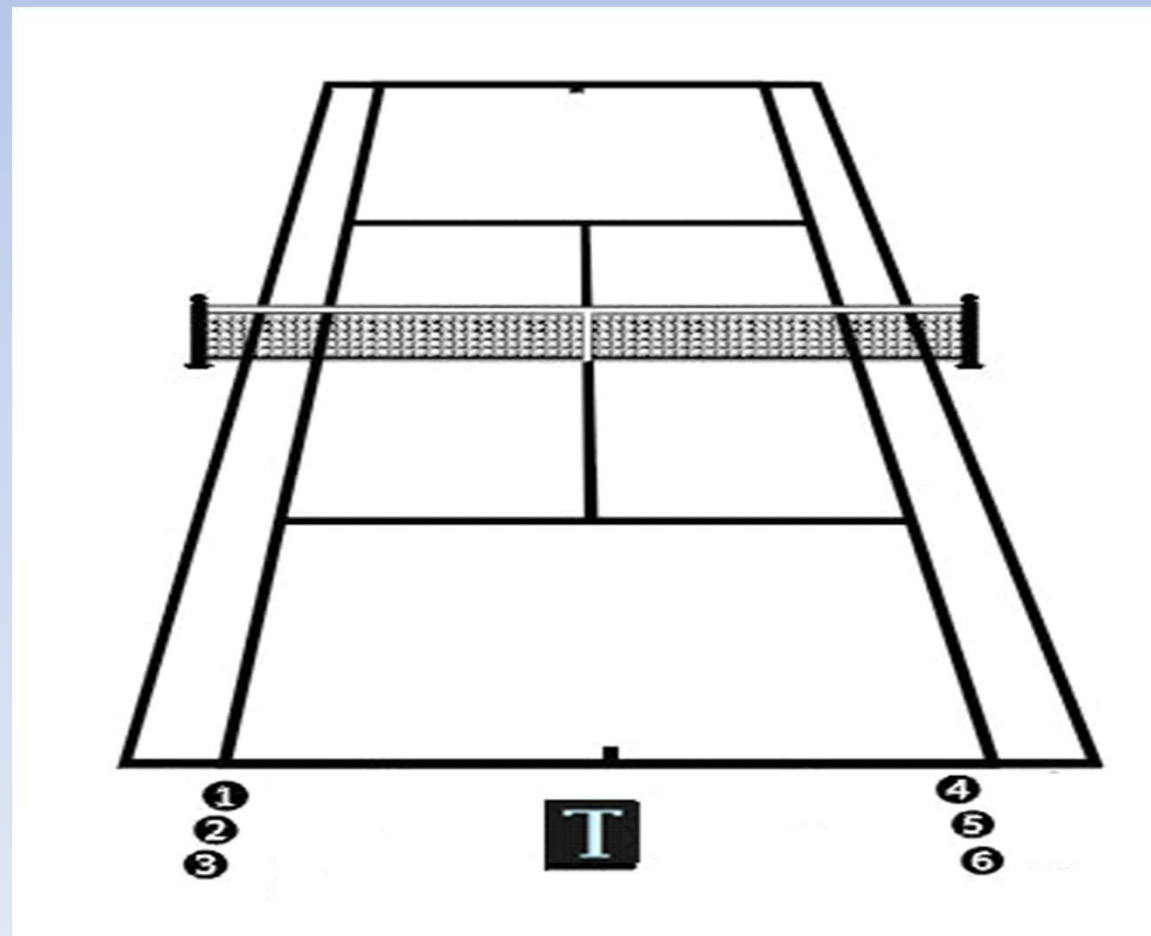
“ODBOJKA – TENIS”



"VOLEJ U PARU"



"SERVISI"



Hvala na pažnji!