Dnevnik Treninga

1. Datum:
2. Ukupno Trajanje (min):

|

| # | Vježba | Serije | Ponavljanja | Težina (kg) | Komentar |
| --- | --- | --- | --- | --- | --- |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
| 7. |  |  |  |  |  |
| 8. |  |  |  |  |  |
| 9 |  |  |  |  |  |

 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |

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### Objašnjenja kolona:

1. Vježba – Naziv vježbe (npr. Bench press, Čučanj).
2. Serije – Broj serija izvedenih za tu vježbu.
3. Ponavljanja – Broj ponavljanja u svakoj seriji.
4. Težina (kg) – Težina koja se koristi u kilogramima (ako se primjenjuje).
5. Komentar – Dodatne napomene, osjećaj tokom vježbe, problemi, napredak itd.