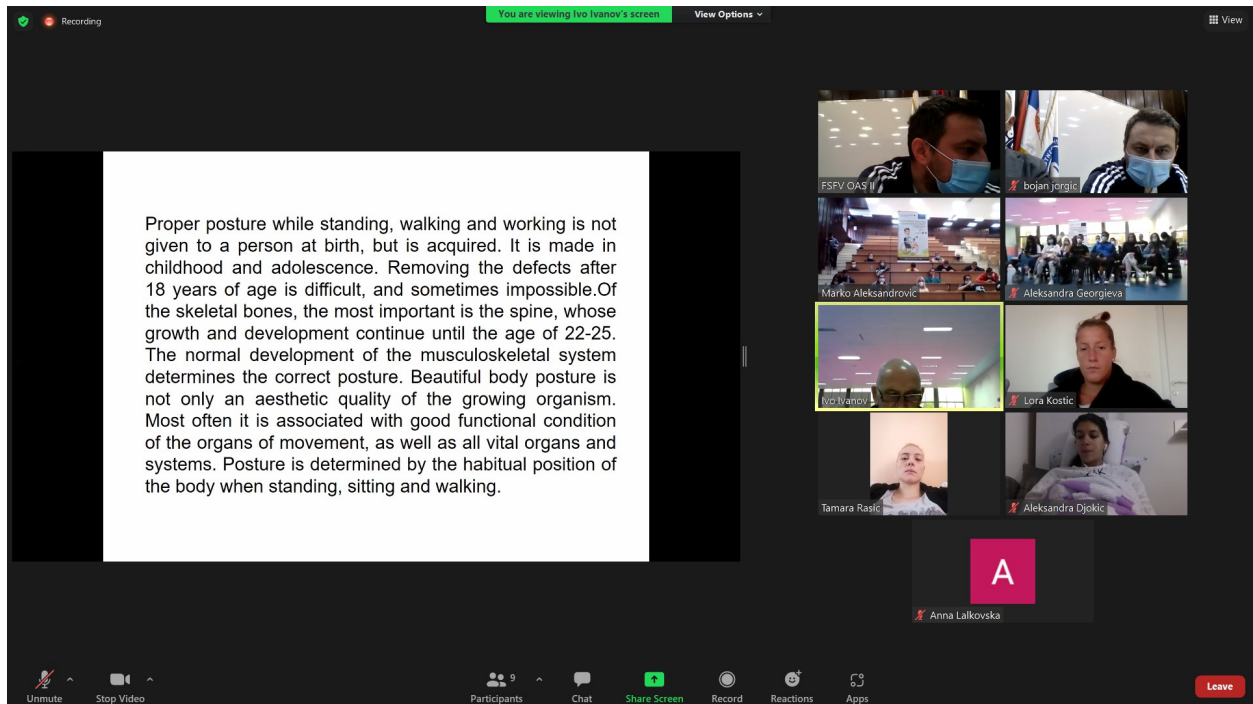


3.9.2021. second day Screen shot from Activity14. BG-RS workshop in functional training in Pernik – exchange of good practices

1.



2.



### 3. Participants from Pernik



### 4. Participants from Niš



## 5. Covid 19 participant from Niš

This screenshot shows a Zoom meeting interface. The main video feed displays a woman with blonde hair tied up in a bun, wearing a dark jacket, looking downwards. The interface includes a top bar with 'Recording', 'Switch to Shared Content', 'Remove Pin', and 'You are viewing Ivo Ivanov's screen'. A 'View Options' dropdown is visible. On the right side, a text box contains the following text:

- Structure of the spine: the spine is a complex structure providing connection between many bones - skull, spine vertebrae, ribs, sacrum, joints; the spine is composed of 33 vertebrae, located one above the other and forming a vertical column: 7 cervical, 12 thoracic, 5 lumbar, 5 sacral and 4 caudal; each vertebra consists of a massive bony body and with three processes; the bodies of the vertebrae are connected between the joints and intervertebral cartilaginous discs; the cartilaginous discs are arranged to form a canal that holds the spinal cord.

The bottom toolbar shows 'Unmute', 'Stop Video', 'Participants' (9), 'Chat', 'Share Screen', 'Record', 'Reactions', 'Apps', and a 'Leave' button.

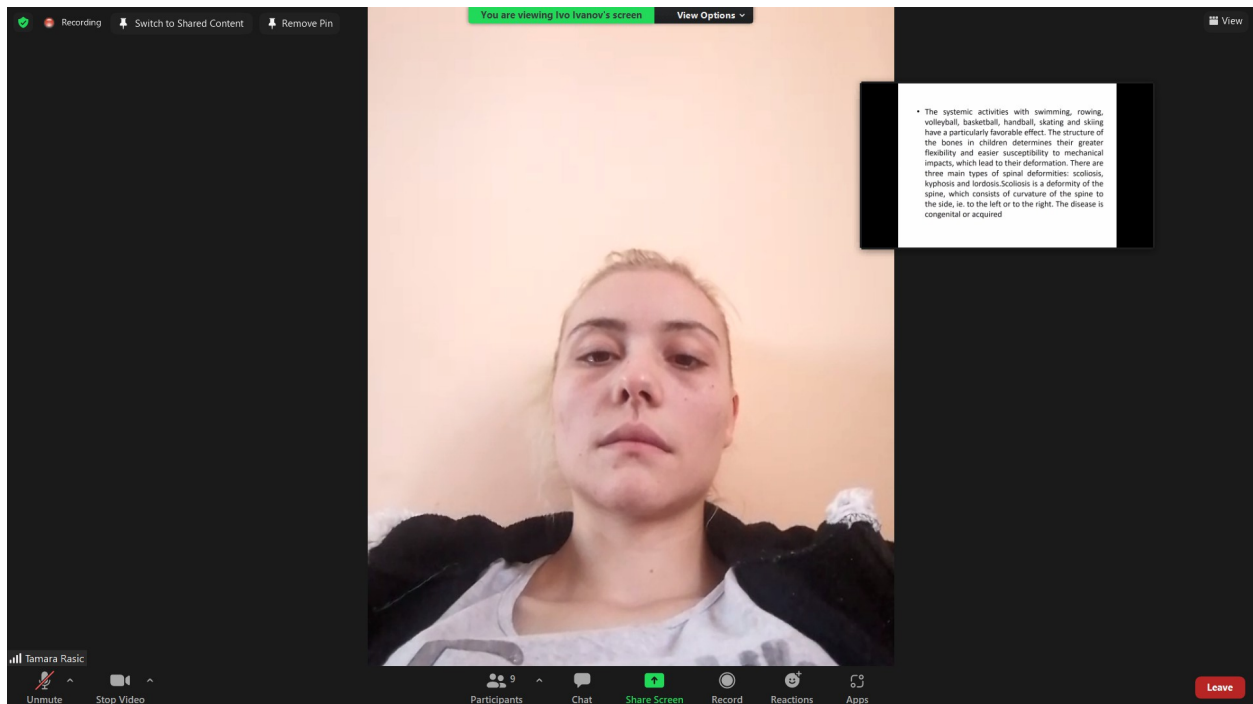
## 6. Covid 19 participant from Niš

This screenshot shows a Zoom meeting interface. The main video feed displays a woman with dark hair, wearing a white hoodie and a purple and white patterned blanket, looking downwards. The interface includes a top bar with 'Recording', 'Switch to Shared Content', 'Remove Pin', and 'You are viewing Ivo Ivanov's screen'. A 'View Options' dropdown is visible. On the right side, a text box contains the following text:

- The systemic activities with swimming, rowing, volleyball, basketball, handball, skating and skiing have a particularly favorable effect: The structure of the bones in children determines their greater flexibility and easier susceptibility to mechanical impacts, which lead to their deformation. There are three main types of spinal deformities: scoliosis, kyphosis and lordosis. Scoliosis is a deformity of the spine, which consists of curvature of the spine to the side, i.e. to the left or to the right. The disease is congenital or acquired.

The bottom toolbar shows 'Unmute', 'Stop Video', 'Participants' (9), 'Chat', 'Share Screen', 'Record', 'Reactions', 'Apps', and a 'Leave' button.

## 7. Covid 19 participant from Niš



## 3. Participants from Niš



#### 4. Power point presentation from PP3

Recording You are viewing Ivo Ivanov's screen View Options

- UP - cross seat, in the hands - dumbbells of 1 kg (can be replaced with bottles mineral water).
- 1. Raising the arms to 90 degrees in the shoulder joints, folded to 90 degrees in the elbowsput. Hold for 5-6 seconds.
- 2. Putting your hands down next to the Project.
- UP - Same as in the previous one, but with an elastic band.
- 1. Stretching the elastic to unfold the elbows. Hold for 5-6 seconds. Elastic stretching, elbows are bent at 90 degrees, hold 5-6 sec. in a static position, attempt to collect the shoulder blades to the spine. Hold for 5-6 seconds.
- 2. Return to the Project.. UP - Knee support.

Participants: PSFV OAS II, bejan jorgic, Marko Aleksandrovic, Aleksandra Georgieva, Ivo Ivanov, Lora Kostic, Tamara Rasic, Aleksandra Djokic, Anna Lalkovska

Unmute Stop Video Participants Chat Share Screen Record Reactions Apps Leave

#### 5. Power point presentation from PP3

Recording

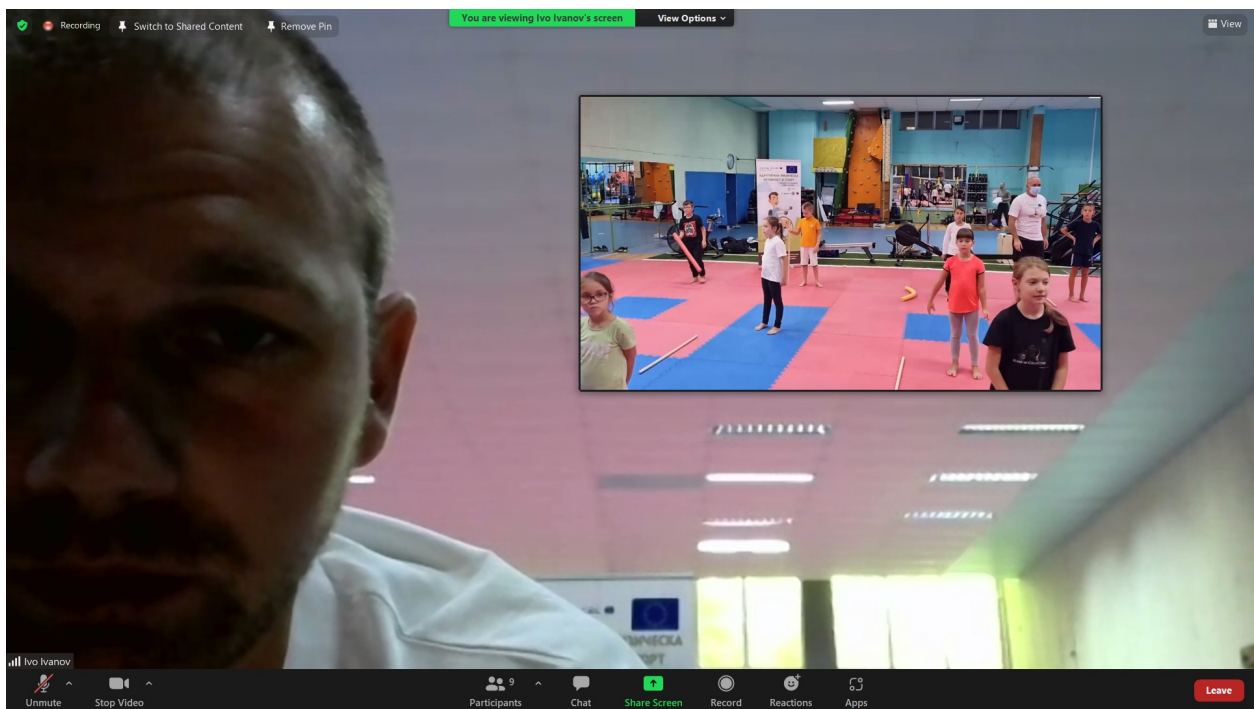
- CAN IT BE RECOVERED THE CORRECT SHAPE OF THE SPINE?
- In the initial forms of spinal deformities, When there are no structural changes, the process is completely reversible. In advanced cases, the use of orthopedic corsets or surgical treatment is required. Just as the well-designed base of a non-boaster is most important for its stability, so the upright human body depends on its base - the foot.

Participants: PSFV OAS II, bejan jorgic, Marko Aleksandrovic, Aleksandra Georgieva, Ivo Ivanov, Lora Kostic, Tamara Rasic, Aleksandra Djokic, Anna Lalkovska

6.



7. Presentation and video PP3



## 8. Participant from Pernik



## 9. Participant from Niš



## 10. Participant from Pernik



## 11. Participant from Niš






## 12. Power point presentation from PP2

Recording

### POPULARITY

- One of the most popular training systems in the world.
- Popularity due to the popularization of CrossFit.
- Dynamic, intense, every workout is different.



Marko Aleksandrovic

FSV OAS II

bojan jorgic

Aleksandra Georgieva

Aleksandra Djokic

Tamara Rasic

Lora Kostic

Ivo Ivanov

Anna Lalkovska

## 13. Participant from Niš

Recording

Switch to Shared Content

Remove Pin

You are viewing FSVV OAS II's screen

View Options

View

### BASICS OF DESIGNING A FUNCTIONAL TRAINING PROGRAM

- In all exercises, it is important to engage more muscles at the same time.
- Most exercises affect the abdomen and lumbar region (the weakest links in most people).
- Training is possible with only two exercises (for example, deadlifts and shoulder/military press).

For a properly designed functional training program, the following principles must be followed:

- ✓ First learn the basic patterns of movement.
- ✓ Start exercising with simple exercises with your own weight.
- ✓ Progress is achieved from simple to complex.
- ✓ Use the concept of progressive load.



ADAPTIVNA FIZICKA AKTIVNOST I SPORT

MARKO ALEKSANDROVIC

Marko Aleksandrovic

Unmute

Stop Video

Participants

Chat

Share Screen

Record

Reactions

Apps

Leave

## 14. Participants from Pernik

Recording



**BASICS OF DESIGNING A FUNCTIONAL TRAINING PROGRAM**

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|| Aleksandra Georgieva

## 15. Participant from Niš

Recording



**Hand ergometers**

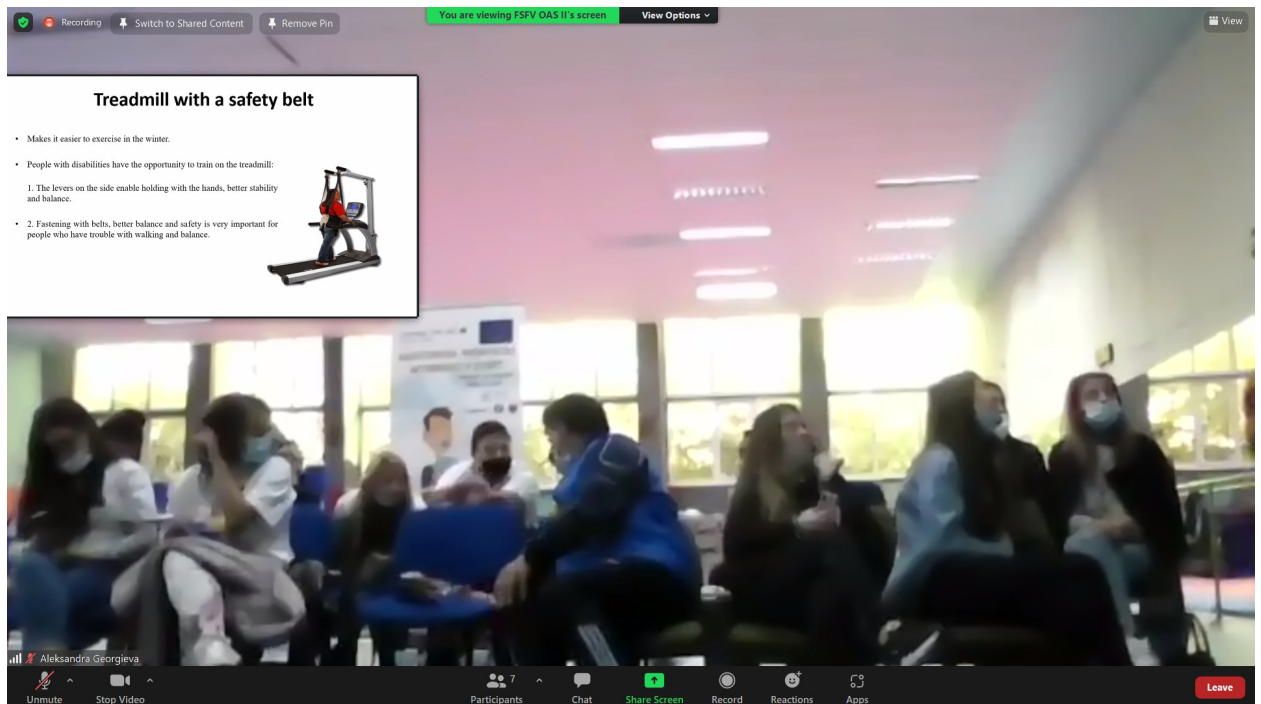
- Arm strengthening device.
- Improving movement in the shoulders and back.
- Burning calories while sitting at a table.
- Its placed on a table, on a flat surface at shoulder height.
- Its very easy to use.
- Possibility of spinning in both directions.
- The height level of the device can be adjusted.



|| Marko Aleksandrovic

АДАПТИВНА ФИЗИЧКА АКТИВНОСТ И СПОРТ  
ЦЕНТЪР ЗА МАНАСИ  
ИЛИДИЯ

## 16. Participant from Pernik



## 17. From the end

