

PLAVÁNÍ - PRSA

Záběr horní končetiny

- Extenzory a adduktory ramenního kloubu:
M. LATISSIMUS DORSI, M. TERES MAJOR, M. DELTOIDEUS (spinální část), M. PECTORALIS MAJOR
- Flexory lokte:
M. BICEPS BRACHII, M. BRACHIALIS, M. BRACHIORADIALIS
- Vnitřní rotátory předloktí a ruky:
M. PRONATOR TERES, M. PRONATOR QUADRATUS
- Flexory zápěstí:
M. FLEXOR CARPI RADIALIS, M. FLEXOR CARPI ULNARIS, M. PALMARIS LONGUS

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Návrat horní končetiny do výchozího postavení

- Elevátory paže:
M. TRAPEZIUS, M. LEVATOR SCAPULAE
- Flexory ramene:
M. DELTOIDEUS (pars clavicularis), M. CORACOBRACHIALIS
- Extenzory lokte:
M. TRICEPS BRACHII, M. ANCONEUS

PLAVÁNÍ - PRSA

Pohyby dolní kočtiny – NÁŠLAP

- Flexory kyčelního kloubu:
M. ILIOPSOAS, M. PECTINEUS, M.
RECTUS FEMORIS
- Flexory kolenního kloubu:
MM.ISCHIOCRURALES

PLAVÁNÍ - PRSA

Pohyb dolních končetin - ROZKROČNÝ ŠVIH

- Vnitřní rotátory kyčelního kloubu:
M. GLUTEUS MINIMUS (přední snopce), M. TENSOR FASCIAE LATAE
- Adduktory kyčle:
MM. ADDUCTORES, M. GRACILIS, M. PECTINEUS
- Vnější rotátory bérce:
M. BICEPS FEMORIS, M. TENSOR FASCIAE LATAE
- Extenzory a pronátory nohy:
M. TIBIALIS ANTERIOR, M. EXTENSOR DIGITORUM et HALLUCIS LONGUS, M. PERONEUS LONGUS et BREVIS

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Poslední fáze pohybu dolní končetiny

- Extenzory kyčelního kloubu:
M. GLUTEUS MAXIMUS, MM.
ISCHIOCRURALES
- Extenzory kolenního kloubu:
M. QUADRICEPS FEMORIS
- Flexory hlezenního kloubu:
M. TRICEPS SURAE

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STABILIZACE TRUPU:

- Břišní svaly:

M. ABDOMINIS, M. OBLIQUUS EXTERNUS
ABDOMINIS, M. OBLIQUUS INTERNUS
ABDOMINIS

- Zádové svaly:

M. LATISSIMUS DORSI, M. ERECTOR
TRUNCII, hluboké svaly zad

PLAVANÍ - KRAUL

Pohyb horních končetin - TAH

- Flexory a adduktory ramenního kloubu:
M. DELTOIDEUS (pars clavicularis), M. CORACOBRACHIALIS, M. PECTORALIS MAJOR, M. LATISSIMUS DORSI, M. TERES MAJOR, M. SUBSCAPULARIS
- Vnitřní rotátory ramene:
M. LATISSIMUS DORSI, M. TERES MAJOR, M. SUBSCAPULARIS
- Flexory lokte:
M. BICEPS BRACHII, M. BRACHIALIS, M. BRACHIORADIALIS
- Flexory zápěstí:
M. FLEXOR CARPI RADIALIS, M. FLEXOR CARPI ULNARIS, M. PALMARIS LONGUS

PLAVANÍ - KRAUL

TLAK

- Extenzory ramenního kloubu:
M. LATISSIMUS DORSI, M. TERES MAJOR, M. DELTOIDEUS (spinální část)
- Vnitřní rotátory ramene:
M. SUBSCAPULARIS, M. LATISSIMUS DORSI, M. TERES MAJOR
- Extenzory loketního kloubu:
M. TRICEPS BRACHII, M. ANCONEUS

PLAVANÍ - KRAUL

RECOVERY

- Některé extenzory, abduktory a zevní rotátory ramene:
M. DELTOIDEUS, SUPRASPINATUS, INFRASPINATUS, TERES MINOR,
- Retrakce lopatek:
M. TRAPEZIUS, M. RHOMBOIDEUS MAJOR et MINOR,
- Elevaci paže podporují:
M. LEVATOR SCAPULAE, M. SERRATUS ANTERIOR
- Extenze lokte:
M. TRICEPS BRACHII, M. ANCONEUS

PLAVANÍ - KRAUL

- Flexory kyčelního kloubu:
M. ILIOPSOAS, M. PECTINEUS, M. RECTUS FEMORIS
- Extenzory kyčelního kloubu:
M. GLUTEUS MAXIMUS, MM. ISCHIOCRURALES
- Extenzory kolenního kloubu:
M. QUADRICEPS FEMORIS

PLAVÁNÍ - ZNAK

Lze srovnat s kraulem, ovšem v opačné poloze

TAH A TLAK paží pod vodou („v extenzi“) – Addukce, flexe, vnitřní rotace ramene současně s retrakcí lopatek

RECOVERY

Flexe, vnitřní rotace a elevace paže s extenzí v lokti

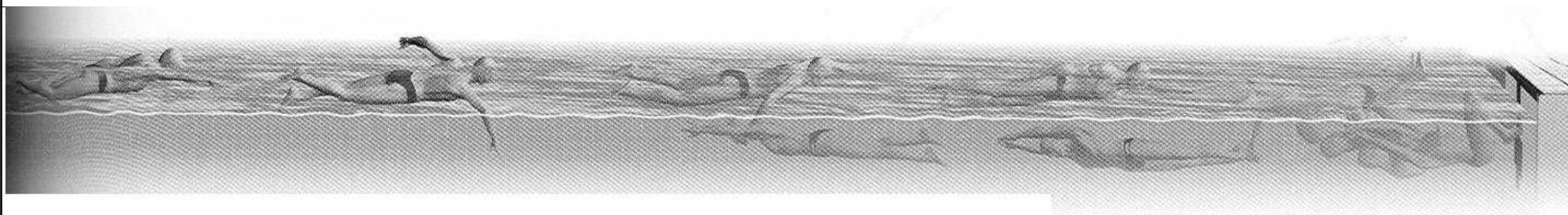
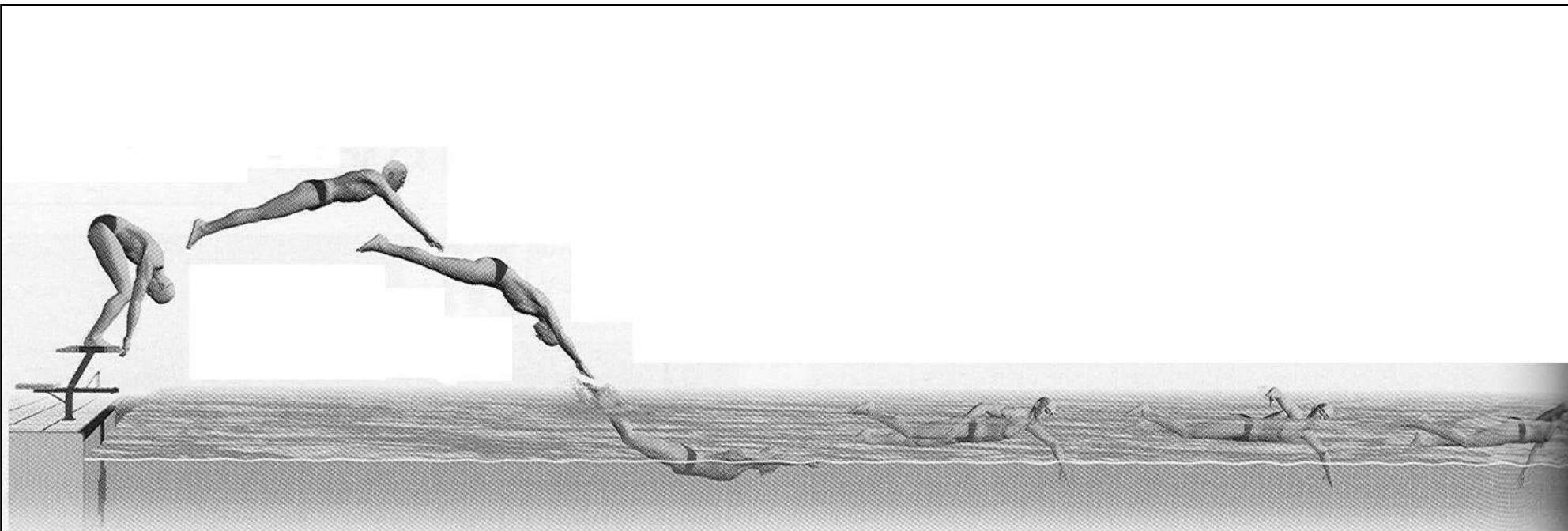
M. DELTOIDEUS – nejprve přední pak i akromiální a zadní část

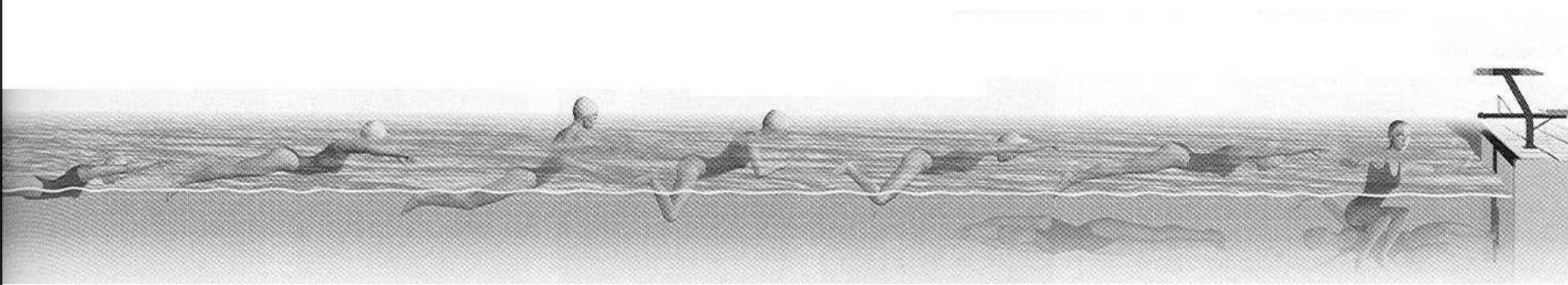
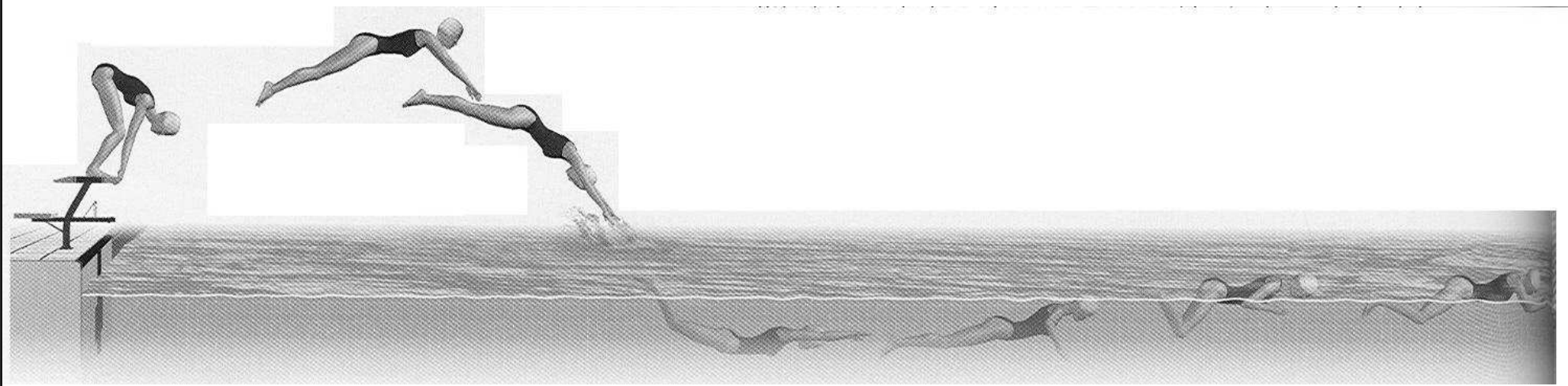
Stabilizátory trupu a lopatek

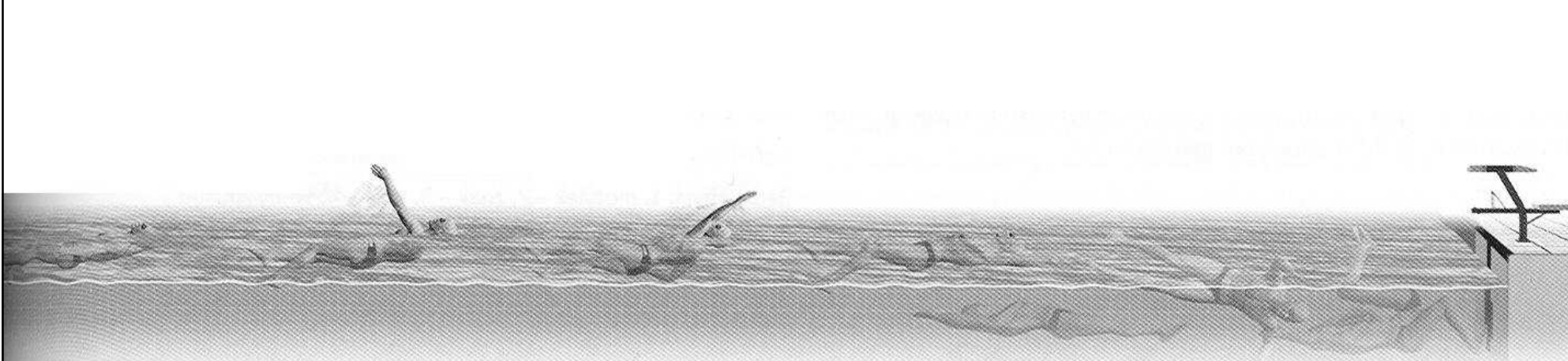
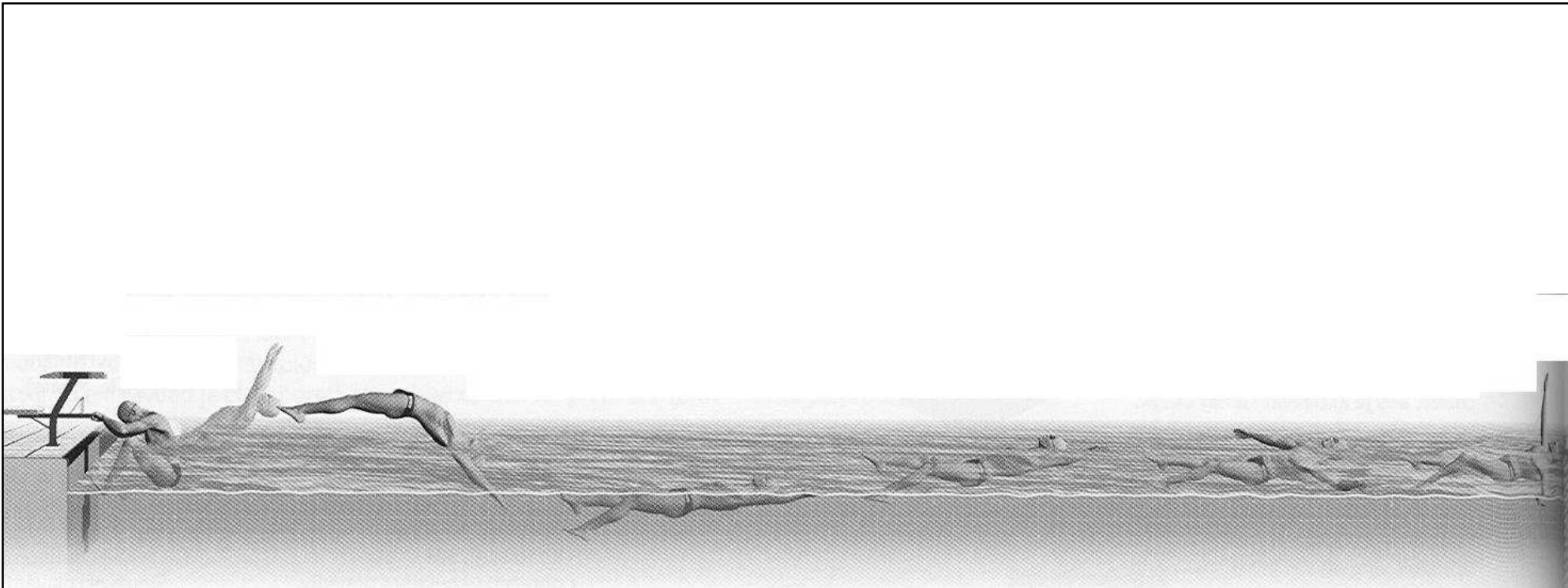
Dýchací svaly

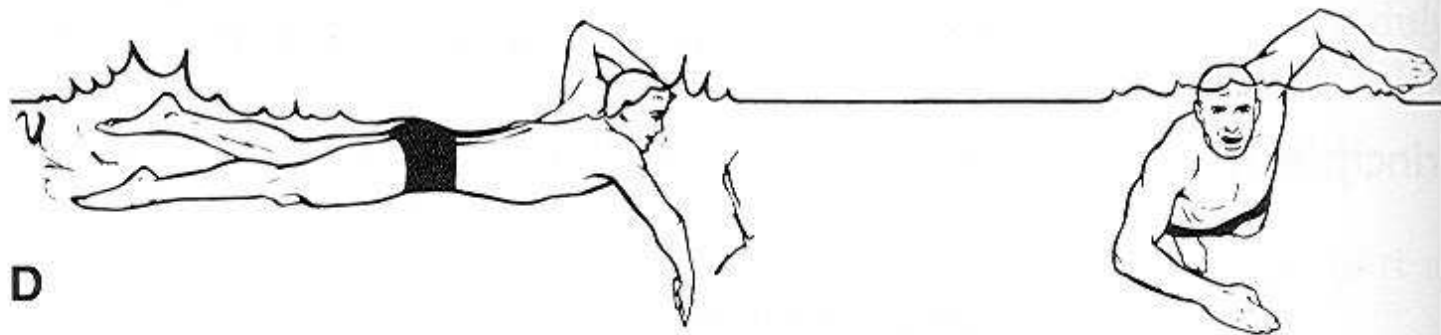
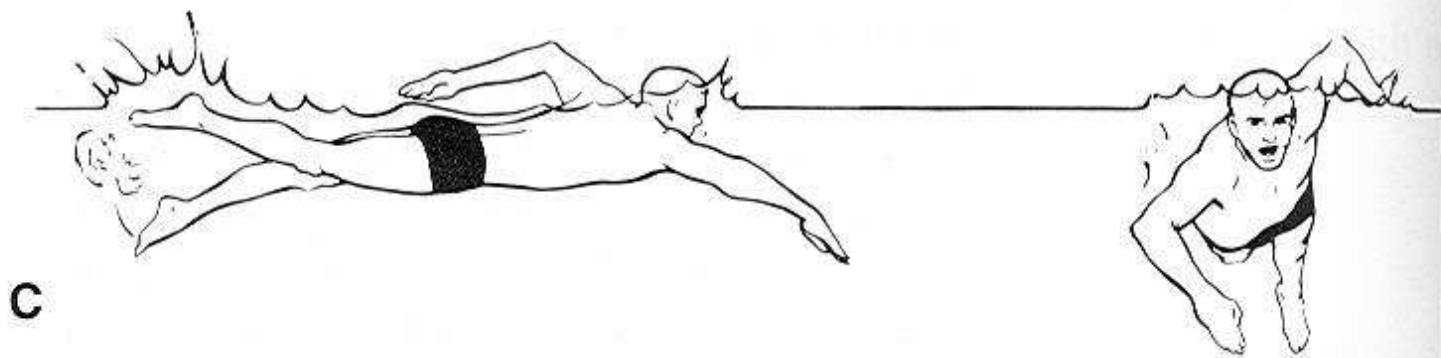
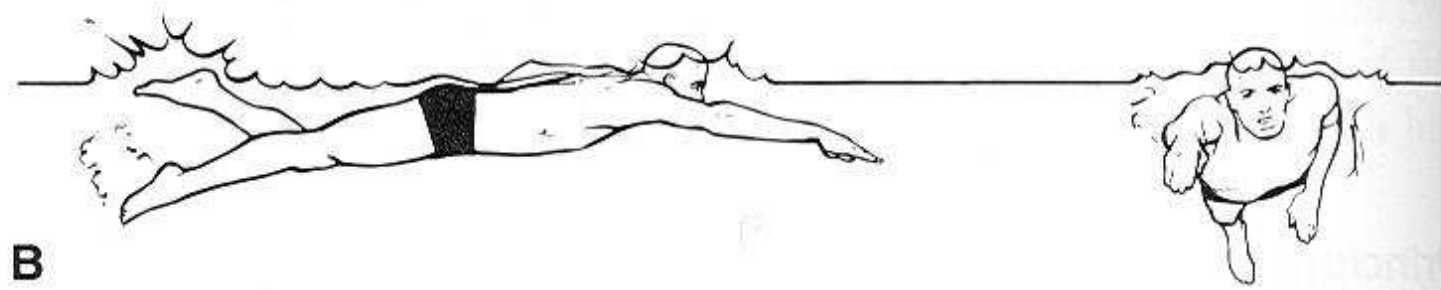
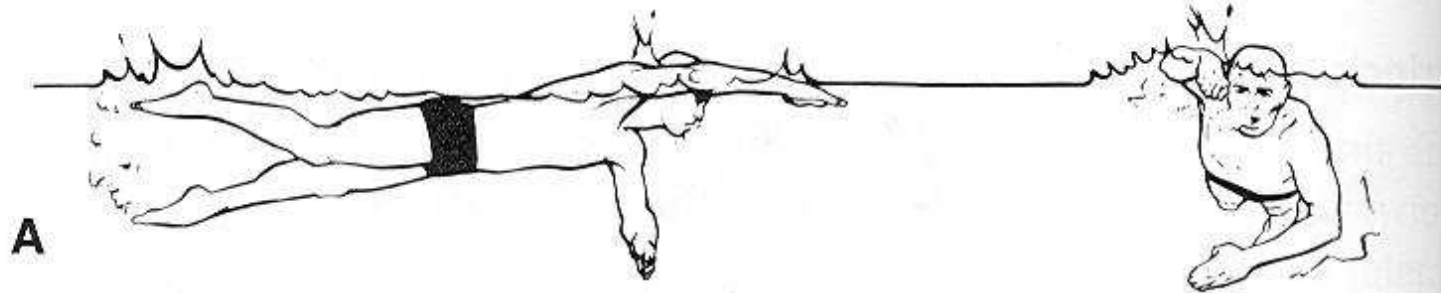
MM. INTERCOSTALES INTERNI

Pohyb dolních končetin se uskutečňuje stejnými svaly.



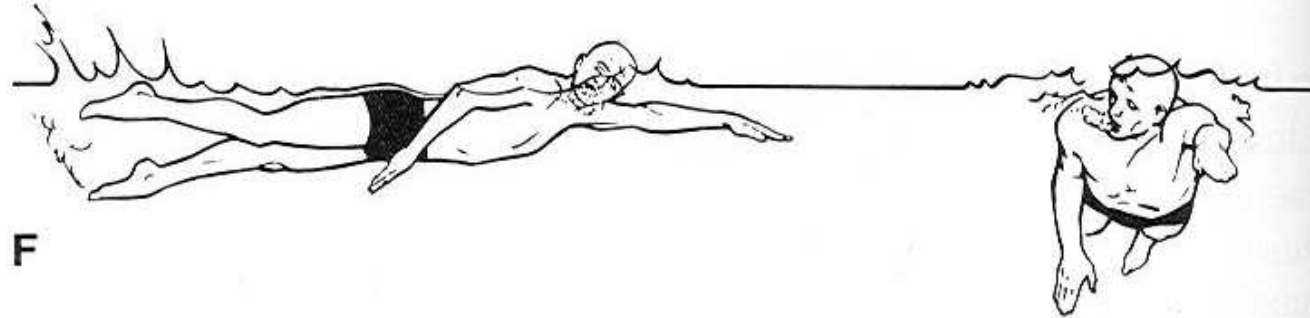




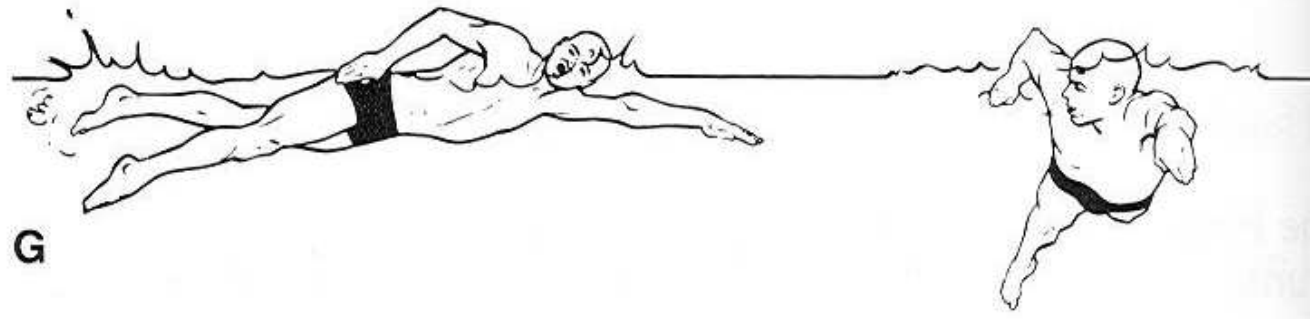




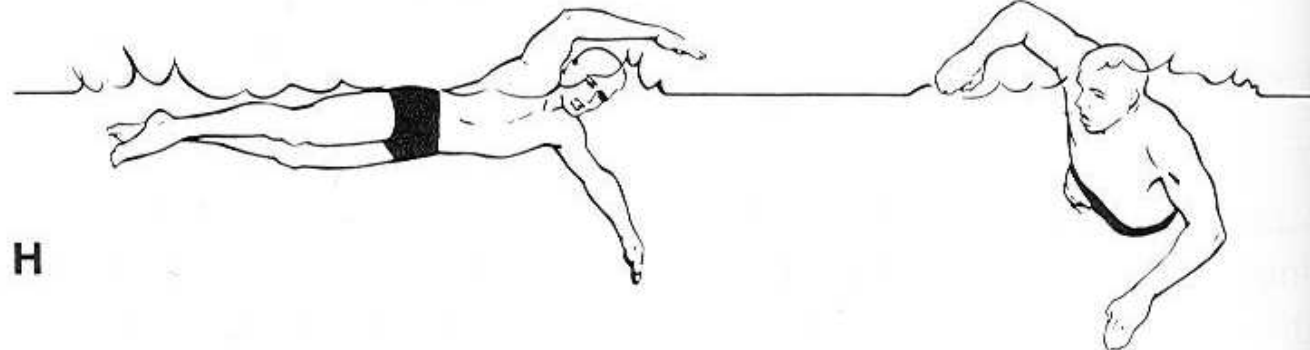
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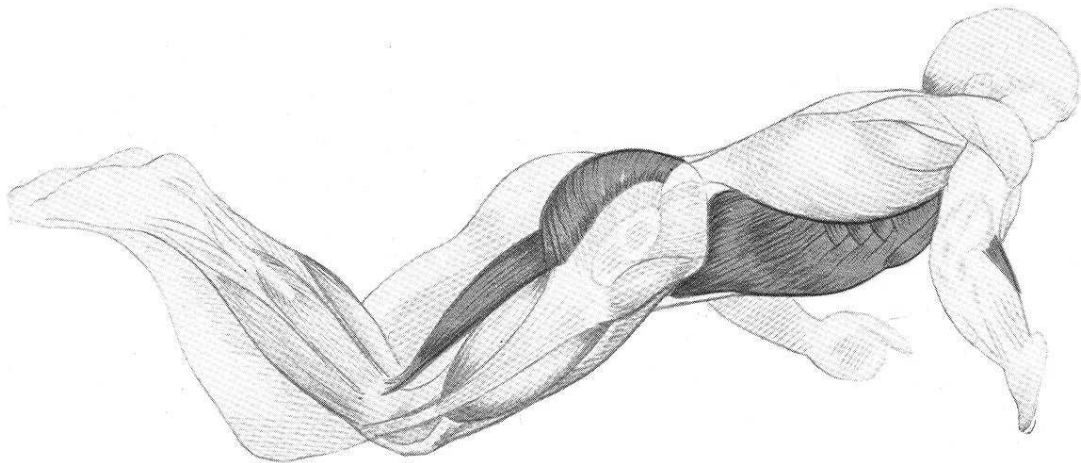
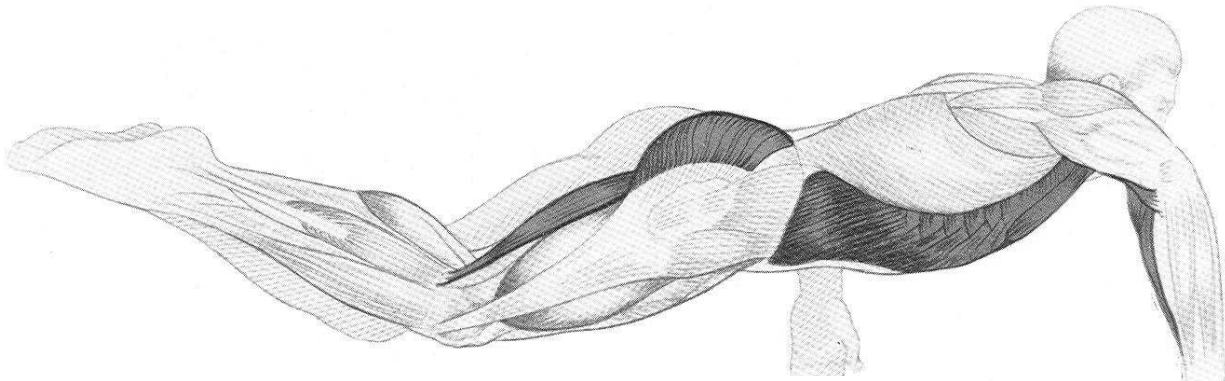
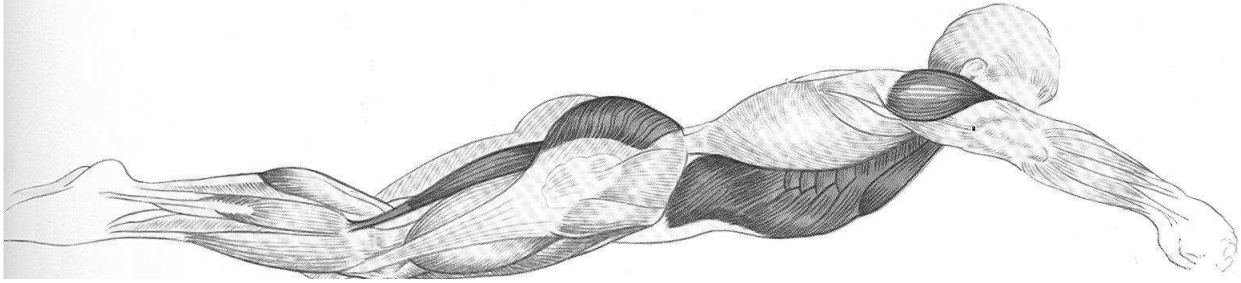
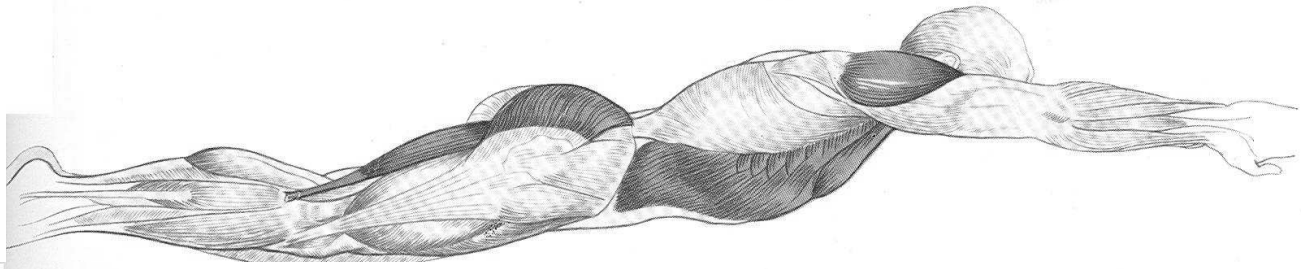
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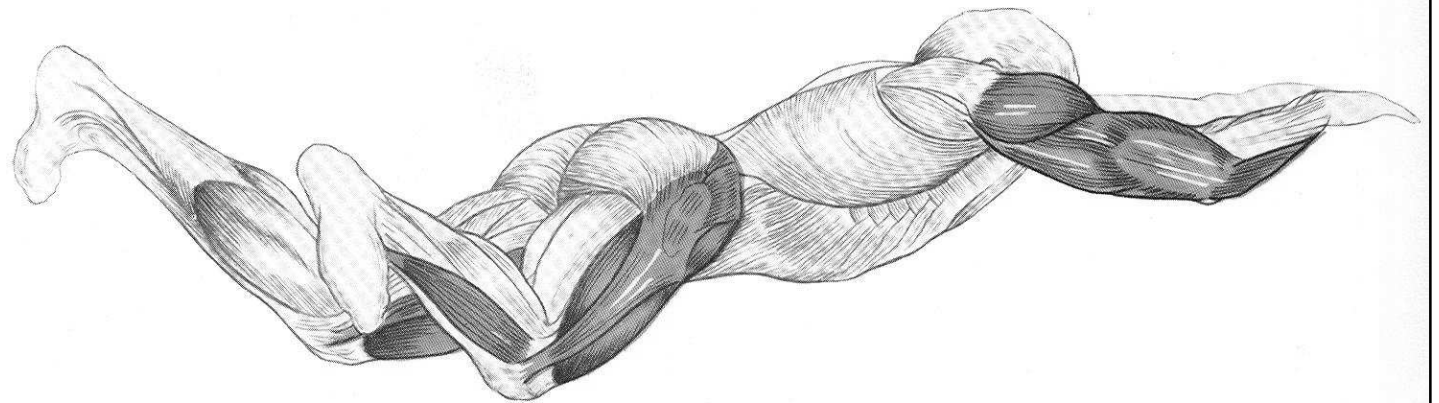
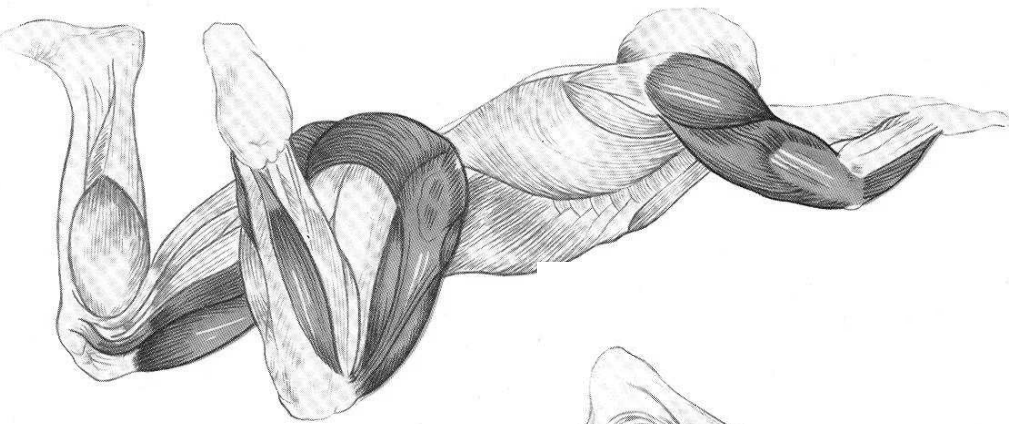
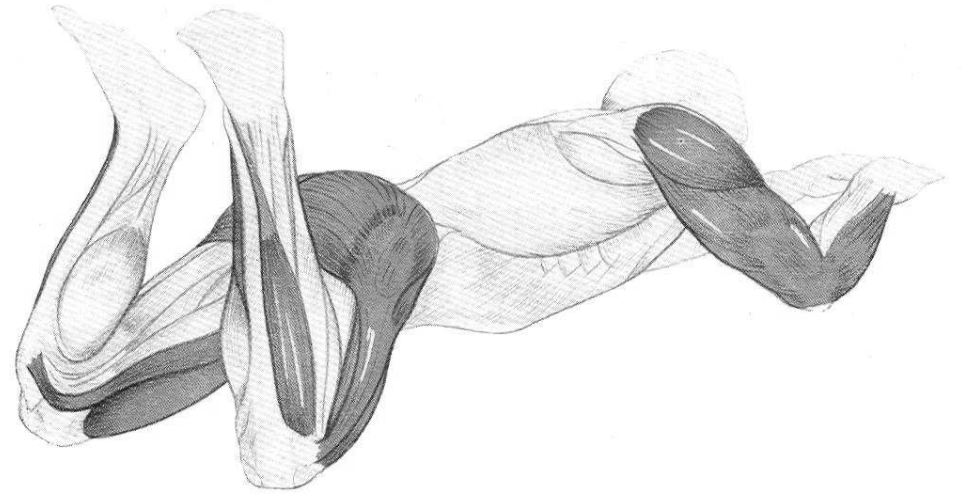
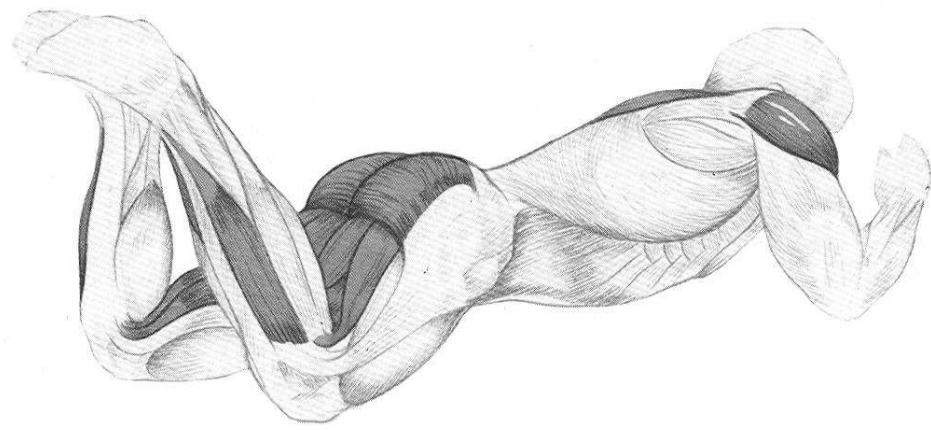


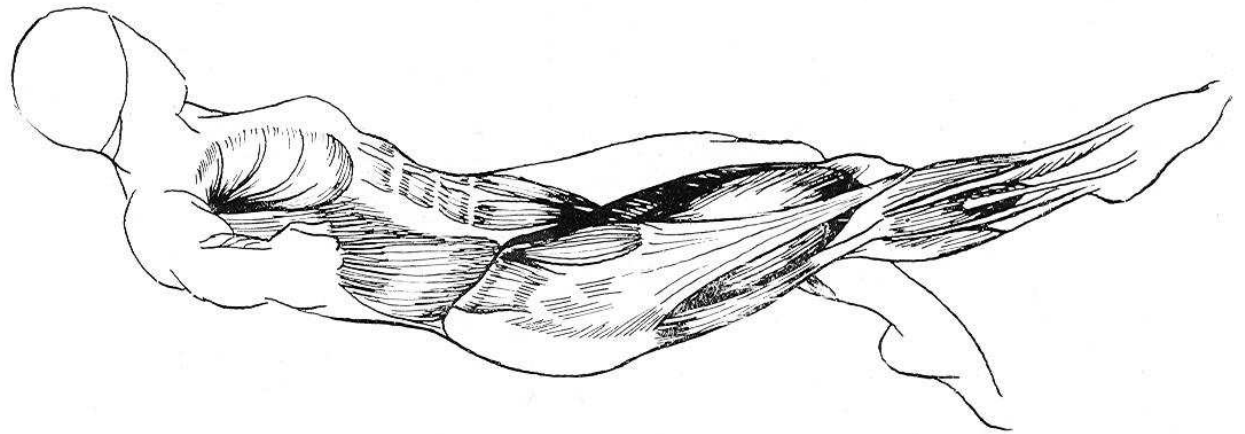
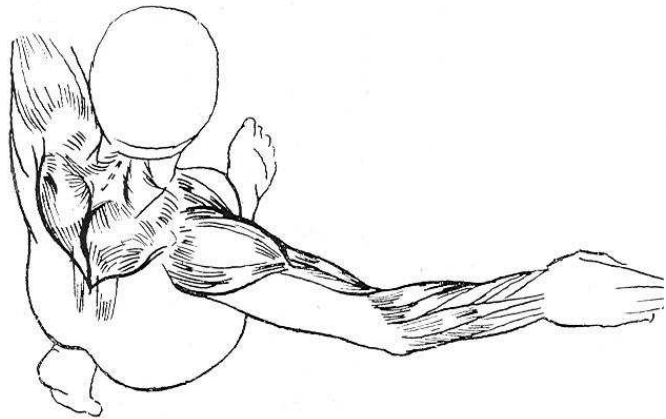
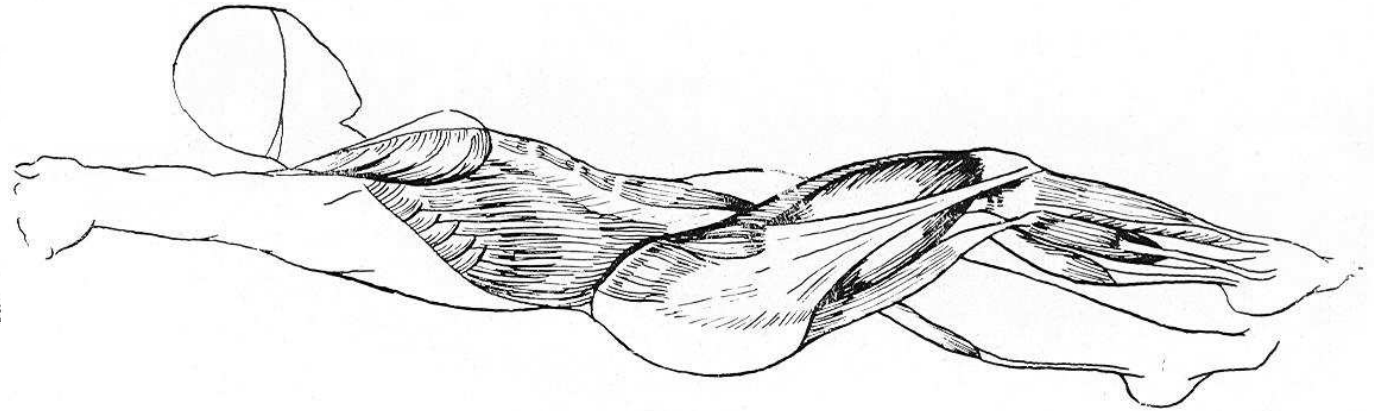
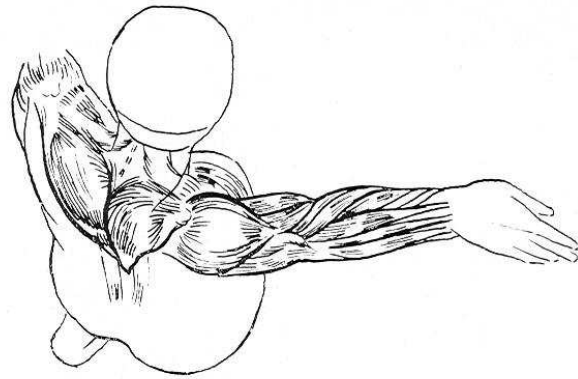
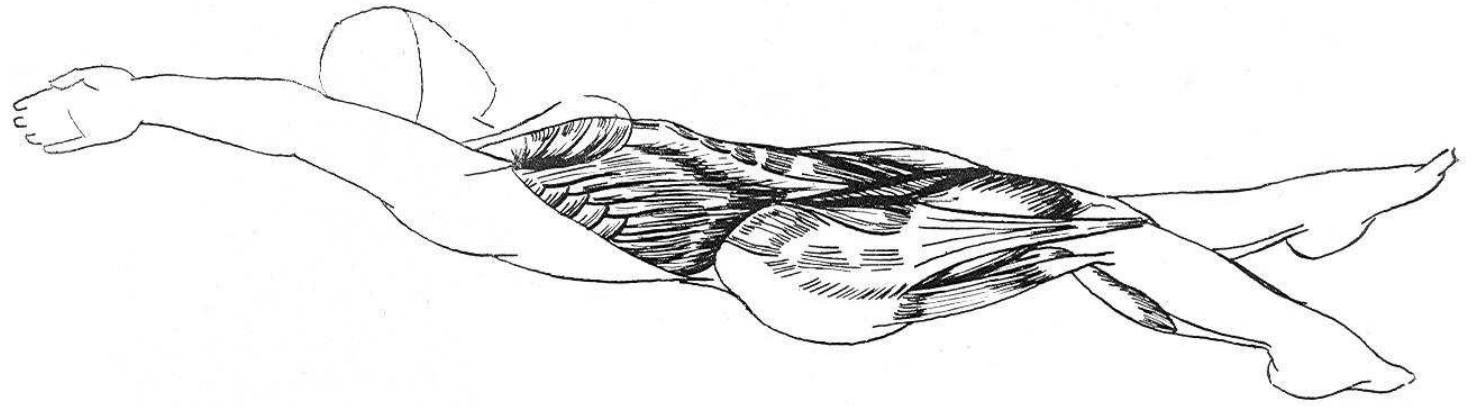
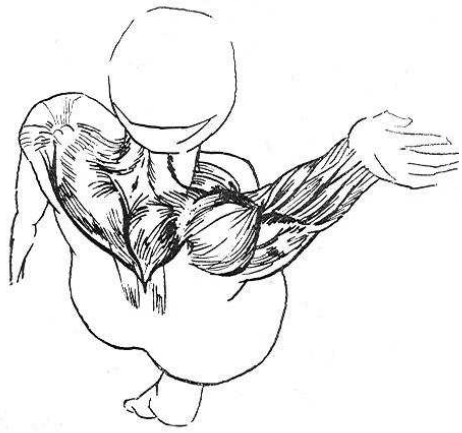
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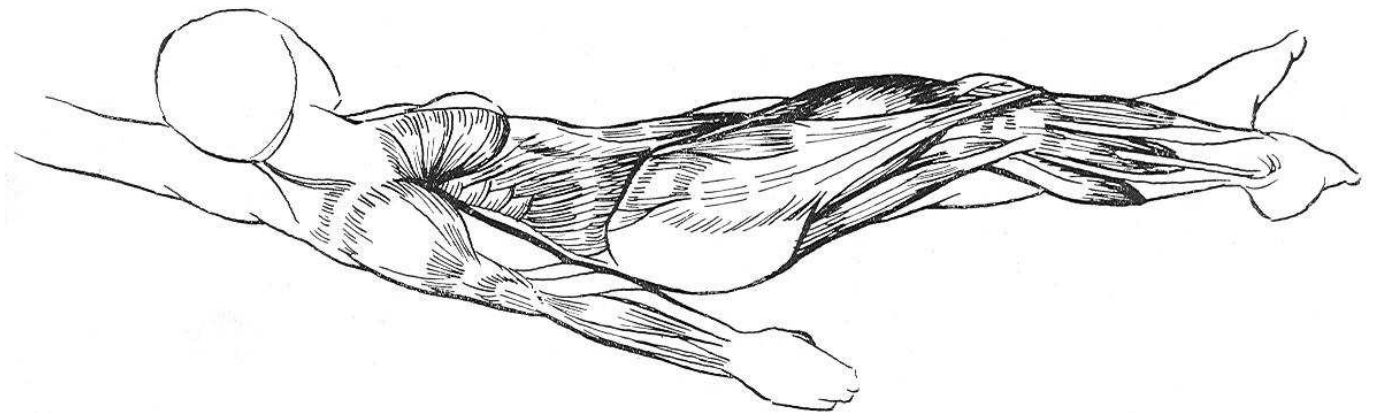
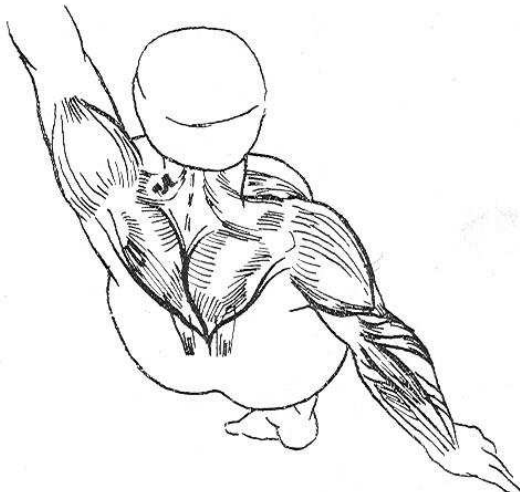
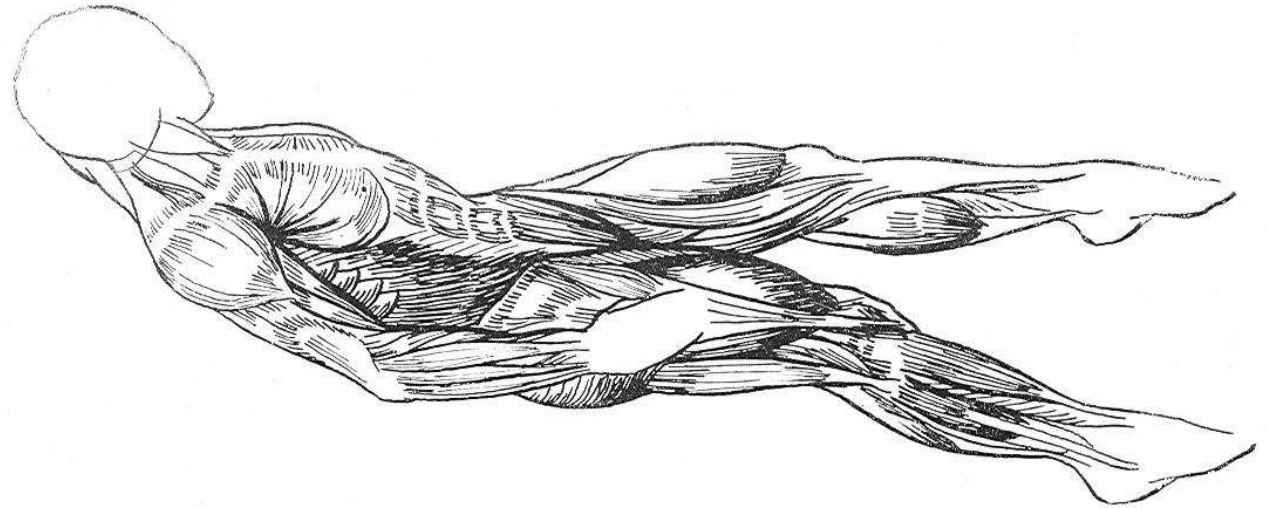
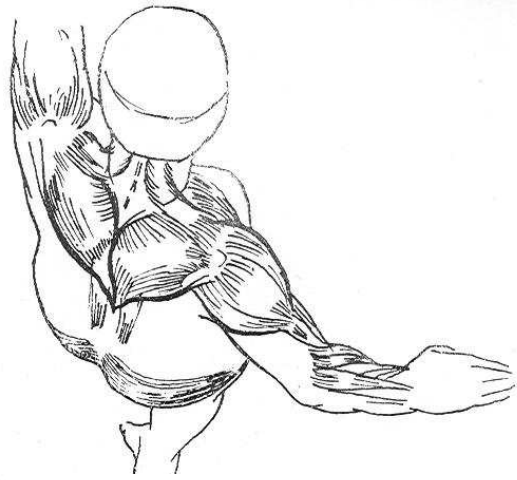
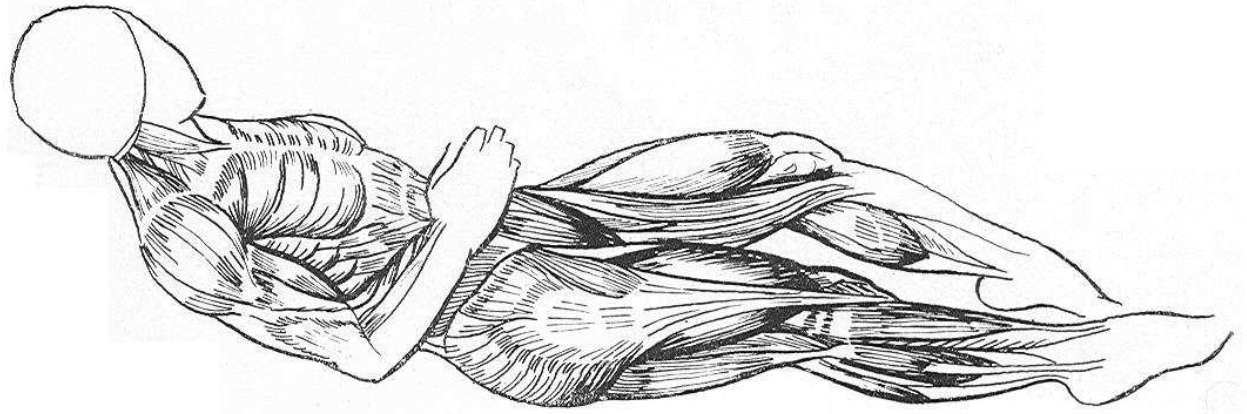
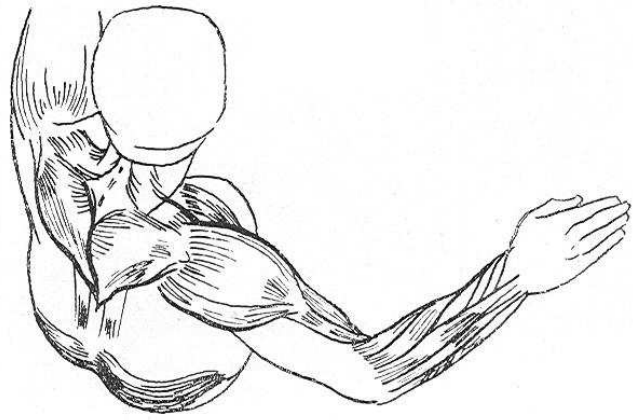


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AEROBIK





AQUAAEROBIK

POSILOVNA