

1^η Ημέρα

- 1) Κοιλιακοί 3X15-20 <https://www.youtube.com/watch?v=M2Etme-tfE>
- 2) Ραχιαίοι 3X15-20 <https://www.youtube.com/watch?v=5qQHdByEusw>
- 3) Κάμψεις 3X15-20 <https://www.youtube.com/watch?v=wmNoe3JYe4c>
- 4) Καθίσματα 3X15-20 https://www.youtube.com/watch?v=zaC133_Frj0
- 5) Ψηλή σανίδα 2X40-60'' <https://www.youtube.com/watch?v=fSaYfvSpAMl>
- 6) Χαμηλή σανίδα 2X40-60'' <https://www.youtube.com/watch?v=vcApM-LolEk>
- 7) Burpeesψηλά 2X30'' <https://www.youtube.com/watch?v=4YPWd8z090A>
- 8) Burpeesχαμηλά 2X30'' <https://www.youtube.com/watch?v=4YPWd8z090A>
- 9) Πιέσεις στήθους με αλτήρες 3X15 <https://www.youtube.com/watch?v=VmB1G1K7v94>

2^η Ημέρα

- 1) Πλάγιοι Κοιλιακοί 3X15-20 <https://www.youtube.com/watch?v=orvO32fHb1A>
- 2) Ραχιαίοι 3X15-20 Σηκώνω αντίθετο χέρι-αντίθετο πόδι
- 3) Ισχία 3X15-20 <https://www.youtube.com/watch?v=6vdFTR86Sgg>
- 4) Καθίσματα με ένα πόδι 3X10-12 <https://www.youtube.com/watch?v=zlaVoEpyC3c>
- 5) Πλάγια σανίδα 3X(3X30) <https://www.youtube.com/watch?v=K2VljzCC16g>
- 6) Spiderman plank 3X20 <https://www.youtube.com/watch?v=CoHUM6vdjog>
- 7) Όμοι με αλτήρες 3X15 www.youtube.com/watch?v=qEwKCR5JCog
- 8) Δικέφαλοι με αλτήρες 3X15 <https://www.youtube.com/watch?v=zC3nLlEvin4>
- 9) Τρικέφαλοι με αλτήρες 3X15 <https://www.youtube.com/watch?v=KzBZ02EAJvE>

3^η Ημέρα

- 1) Κοιλιακοί 3X15-20 <https://www.youtube.com/watch?v=l4kQd9eWclE>
- 2) Ραχιαίοι 3X15-20 <https://www.youtube.com/watch?v=p1GERX3lf3Y>
- 3) Καθίσματα με ένα πόδι σε καρέκλα 3X10-12
<https://www.youtube.com/watch?v=uJ4eA2wUXdw>
- 4) Βήμα με ένα πόδι σε καρέκλα 3X10-12
<https://www.youtube.com/watch?v=DTVSRgw1GCI>
- 5) Mountain climbers 3X30'' <https://www.youtube.com/watch?v=lvaQcFaxL00>
- 6) Ψηλή σανίδα-ένα χέρι στον ώμο 3X12
<https://www.youtube.com/watch?v=ztpXZm7Dv80>
- 7) Λάστιχα: 3X30 δικέφαλοι https://www.youtube.com/watch?v=yaCV_GT_VpE
- 8) Λάστιχα: 3X30 τρικέφαλοι <https://www.youtube.com/watch?v=vCJaO-hCO2M>

4^η Ημέρα

- 1) Κοιλιακοί ψαλιδάκια 3X30 <https://www.youtube.com/watch?v=WoNCIBVLbgY>
- 2) Ψηλή-χαμηλή σανίδα 3X15-20 https://www.youtube.com/watch?v=kjp-8Me6_84
- 3) Superman plank 3X20'' <https://www.youtube.com/watch?v=zmFd7JFw2oo>
- 4) Burpeesψηλά 2X30'' <https://www.youtube.com/watch?v=4YPWd8z090A>
- 5) Burpeesχαμηλά 2X30'' <https://www.youtube.com/watch?v=4YPWd8z090A>
- 6) Λάστιχα: 3X30 πεταλούδα, ελεύθερο, πρόσθιο, 30'' στοπ
- 7) Λάστιχα: 2X30 ώμοι <https://www.youtube.com/watch?v=x39ISQrcXuQ>
- 8) Λάστιχα: 3X20 πλάτη <https://www.youtube.com/watch?v=QB93HgZJiio>

5^η Ημέρα

- 1) Plyometric jump squats <https://www.youtube.com/watch?v=qv3hoZqSk3c>
- 2) Wide arm press ups <https://www.youtube.com/watch?v=rr6eFNNDQdU&t=65s>
- 3) Squat to jump on deck then step off <https://www.youtube.com/watch?v=1HAV7gGHJ0I>
- 4) Butterfly lunges https://www.youtube.com/watch?v=RqHci_4kKRQ
- 5) Tricep dips on deck/bench https://www.youtube.com/watch?v=0326dy_-CzM&t=1s
- 6) Single leg static lunges on deck <https://www.youtube.com/watch?v=vDloKEy7vCo>
- 7) Mountain climbers with rotating knees to opposite elbow
<https://www.youtube.com/watch?v=gEvCKTph88>
- 8) Hip thrusts with leg extension <https://www.youtube.com/watch?v=om7q9aCVvR0>
- 9) Single leg Pistol squats on a bench <https://www.youtube.com/watch?v=uJ4eA2wUXdw>

6^η Ημέρα

- 1) Horse stance squats <https://www.youtube.com/watch?v=3TVGA2wqPds>
- 2) Abdominal floor crunches <https://www.youtube.com/watch?v=M2Etme-tfE>
- 3) Static side lunges <https://www.youtube.com/watch?v=rvqLVxYqEvo>
- 4) Abdominal scissors <https://www.youtube.com/watch?v=WoNCIBVLbgY>
- 5) Deadlifts <https://www.youtube.com/watch?v=LTsoilJ9Bto>
- 6) Knee raises <https://www.youtube.com/watch?v=iwH-ljKQGiU>
- 7) Lateral raises <https://www.youtube.com/watch?v=WJm9zA2NY8E>
- 8) Bent over rear delts/fly's <https://www.youtube.com/watch?v=ttvfGg9d76c>
- 9) Push to plank <https://www.youtube.com/watch?v=2kEnT-CdXyE>

7^η Ημέρα

- 1) Tricep push ups <https://www.youtube.com/watch?v=hfIQ5V4Tcgo>
- 2) Goblet squats <https://www.youtube.com/watch?v=MeliIdhvXT4&t=108s>
- 3) Romanian deadlift <https://www.youtube.com/watch?v=JCXUYuzwNrM&t=231s>
- 4) Box jumps <https://www.youtube.com/watch?v=hxldG9FX4j4>
- 5) Press ups into thoracic rotation <https://www.youtube.com/watch?v=YU0gWh72a3k>
- 6) Squat to press <https://www.youtube.com/watch?v=91E--2M6zr8>
- 7) Abdominal V ups <https://www.youtube.com/watch?v=iP2fjvG0g3w>
- 8) Walking lunges <https://www.youtube.com/watch?v=L8fvypPrzsz>
- 9) Calf raises <https://www.youtube.com/watch?v=c5Kv6-fnTj8>

8^η Ημέρα (planks)

- 1) High Plank <https://www.youtube.com/watch?v=fSaYfvSpAMI>
- 2) Low Plank <https://www.youtube.com/watch?v=vcApM-LoIEk>
- 3) High to Low https://www.youtube.com/watch?v=kJp-8Me6_84
- 4) Spiderman https://www.youtube.com/watch?v=DVXT7xBA_jU
- 5) Superman <https://www.youtube.com/watch?v=zmFd7JFW2oo>
- 6) Mountain climbers <https://www.youtube.com/watch?v=lvaQcFaxL00>
- 7) Shoulder taps <https://www.youtube.com/watch?v=wcKyqAMqueQ>
- 8) Renegade rows <https://www.youtube.com/watch?v=wTqIJ0aoJIM>
- 9) Roll outs <https://www.youtube.com/watch?v=t3elxPJ1HU4>