

1^{ος} Μήνας

Εβδομάδα 1 – Ημέρα 3

LOWER BODY WORKOUT | HOME

I. WARM UP

4 Circuits Of

- **30'' Butt Kicks**

<https://youtu.be/cA7DZNGomEY>

- **30'' Boat Hold**

<https://youtu.be/Q-sp5nQ-TdY>

- **30'' Bird Dog**

<https://www.youtube.com/watch?v=aBo4wvSv6XE>

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30s Rest (αν χρειάζεσαι)

II. WORKOUT

- 1) **Jump Squats** : 3 Sets x 12-15 / 30'' rest

<https://youtu.be/rOLwmWi5J0Y>

- 2) **Standing Lunges** : 3 Sets x 10 each / 60'' rest

<https://youtu.be/vgRwicN2Ft4>

- 3) 

- 4) 

- 5) 

III. SUPERSET *2 Sets x*

- 6) **60'' Push Ups**

<https://youtu.be/t5yZ99zoz9I>

- 7) 

60s Rest

IV. CORE

4 Circuits Of

- **30'' Reverse Hand Plank**

https://www.youtube.com/watch?v=Wlgp_gDX10c

- **30'' Flutter Kicks**

<https://www.youtube.com/watch?v=BbMa8Rx8eZg>

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60s Rest

V. STRETCHING

<https://www.youtube.com/watch?v=byPoXqFlpTM&list=PL3Lf7>

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