

1^{ος} Μήνας

Εβδομάδα 1 – Ημέρα 2

PULL WORKOUT | HOME

I. WARM UP

4 Circuits Of

- **30''** Jog In Place (Fast)

<https://youtu.be/WzQwJsDvCqo>

- **30''** Jumping Jacks

<https://youtu.be/BZ-rUhiu0P0>

- **30''** Superman Hold

<https://www.youtube.com/watch?v=tUTfNciib-Y>

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30s Rest (αν χρειάζεσαι)

II. WORKOUT

- 1) **Reverse Snow Angels** : 3 Sets x 15 / 30'' rest

<https://youtu.be/dkwlC4Q7xzE>

- 2) **Reverse Hyperextension** : 3 Sets x 20 / 30'' rest

<https://youtu.be/YM0lcp7nMVE>

- 3) 

- 4) 

- 5) 

III. MAX Hand Plank x 1 set

https://youtu.be/_D6lMSWkrJA

IV. CORE

4 Circuits Of

- **30''** Reverse Crunches

<https://youtu.be/fj4zgnr-CTQ>

- **30''** Elbow To Knee Side Crunches

<https://youtu.be/FXnlGRctD-E>

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60s Rest

V. STRETCHING

<https://www.youtube.com/playlist?list=PL3Lf7Sek1CVkfkXgF2cW00lmydOzZaPA>