

1<sup>ος</sup> Μήνας

Εβδομάδα 1 – Ημέρα 1

## PUSH WORKOUT | HOME

### I. WARM UP

#### 4 Circuits Of

- **30'' Squats**

<https://youtu.be/ftn5rfyll6Y>

- **30'' High Knees**

<https://youtu.be/LyaEovealDY>

- **30'' Hand Plank Hold**

[https://youtu.be/\\_D6lMSWkrJA](https://youtu.be/_D6lMSWkrJA)

- 
- 
- 

**30s Rest** (αν χρειάζεσαι)

### II. WORKOUT

- 1) **Push Ups** : 3 Sets x max / 60'' rest

<https://youtu.be/t5yZ99zo9I>

- 2) **Triceps Dips** : 3 Sets x 10-15 / 30'' rest

<https://youtu.be/9feMyhlX8xY>

- 3) 

- 4) 

- 5) 

### III. CHALLENGE

### IV. CORE

#### 4 Circuits Of

- **30'' Leg Raises**

<https://www.youtube.com/watch?v=3wRAk00uO4Y>

- **30'' 90/90 Crunches**

<https://www.youtube.com/watch?v=dyu5tMTD6Ks>

- 
- 

**60s Rest**

### IV. STRETCHING

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

**x30''** each pose & side