

ΑΣΚΗΣΕΙΣ 3 ΣΕ 1

- ΠΑΤΗΣΤΕ ΤΑ LINK ΝΑ ΔΕΙΤΕ ΤΗΝ ΕΚΤΕΛΕΣΗ ΤΩΝ ΑΣΚΗΣΕΩΝ.
- ΣΕ ΚΑΘΕ ΜΥΙΚΗ ΟΜΑΔΑ, ΕΚΤΕΛΕΙΤΕ ΤΙΣ ΑΣΚΗΣΕΙΣ ΜΕ ΤΗ ΣΕΙΡΑ ΠΟΥ ΑΝΑΓΡΑΦΟΝΤΑΙ.

ΠΟΔΙΑ:

BARBELL SQUATS

<http://www.shapefit.com/wp-content/uploads/2015/04/quadriceps-exercises-barbell-squats.gif>

LEGG PRESS

<http://www.shapefit.com/wp-content/uploads/2015/04/quadriceps-exercises-machine-leg-presses.gif>

DUMBBELL LUNGES (ΜΕ ΠΕΡΠΑΤΗΜΑ-ΟΧΙ ΣΤΑΤΙΚΑ)

<http://www.shapefit.com/wp-content/uploads/2015/04/quadriceps-exercises-dumbbell-lunges.gif>

LEG EXTENSIONS

<http://www.shapefit.com/wp-content/uploads/2015/04/quadriceps-exercises-leg-extensions.gif>

ΠΛΑΤΗ:

BARBELL ROWS

<http://www.shapefit.com/wp-content/uploads/2015/04/middle-back-exercises-bent-over-barbell-rows.gif>

WIDE GRIP LAT PULLDOWNS

<http://www.shapefit.com/wp-content/uploads/2015/04/back-exercises-wide-grip-lat-pulldowns.gif>

BENCH DUMBBELL ROWS

<http://www.shapefit.com/wp-content/uploads/2015/04/middle-back-exercises-middle-back-shrugs.gif>

STRAIGHT ARM PULDOWNS

<http://www.shapefit.com/wp-content/uploads/2015/04/back-exercises-straight-arm-pulldowns.gif>

ΣΤΗΘΟΣ:

BENCH PRESS

<http://www.shapefit.com/wp-content/uploads/2015/04/chest-exercises-barbell-bench-press-medium-grip.gif>

INCLINE DUMBBELL PRESS

<http://www.shapefit.com/wp-content/uploads/2015/04/chest-exercises-incline-dumbbell-press.gif>

FLIES

<http://www.shapefit.com/wp-content/uploads/2015/04/chest-exercises-dumbbell-flies.gif>

PULL OVER

<http://www.shapefit.com/wp-content/uploads/2015/04/chest-exercises-straight-arm-dumbbell-pullovers.gif>

ΩΜΟΙ:

MILITARY PRESS

<http://www.shapefit.com/wp-content/uploads/2015/04/shoulder-exercises-barbell-military-press.gif>

UPRIGHT ROWS

<http://www.shapefit.com/wp-content/uploads/2015/04/traps-exercises-upright-barbell-rows.gif>

BENT OVER REAR RAISES

<http://www.shapefit.com/wp-content/uploads/2015/04/shoulder-exercises-bent-over-dumbbell-rear-delt-raises.gif>

ΤΡΙΚΕΦΑΛΟΙ

CLOSE GRIP BENCH PRESS

<http://www.shapefit.com/wp-content/uploads/2015/04/triceps-exercises-close-grip-barbell-bench-press.gif>

CABLE ROPE OVERHEAD EXTENSIONS

<http://www.shapefit.com/wp-content/uploads/2015/04/triceps-exercises-cable-rope-overhead-tricep-extensions.gif>

LYING PRESSES

<http://www.shapefit.com/wp-content/uploads/2015/04/triceps-exercises-lying-triceps-presses.gif>

ΔΙΚΕΦΑΛΟΙ

BARBELL CURLS

<http://www.shapefit.com/wp-content/uploads/2015/04/biceps-exercises-barbell-curls.gif>

DUMBBELL PRESS

<http://www.shapefit.com/wp-content/uploads/2015/04/biceps-exercises-dumbbell-bicep-curls.gif>

HAMMER CURLS

<http://www.shapefit.com/wp-content/uploads/2015/04/biceps-exercises-hammer-curls.gif>

ΚΟΙΛΙΑΚΟΥΣ ΚΑΙ ΓΑΜΠΕΣ, ΔΙΑΤΗΡΗΣΤΕ ΤΟ ΥΠΑΡΧΟΝ ΣΑΣ ΠΡΟΓΡΑΜΜΑ.

FIT PARADISE PROJECTS