



Program antrenamente

Observatii

Încălzirea este obligatorie înainte începerii antrenamentului!!!!

Atasat, ai un link cu incalzirea:

<https://youtu.be/HDfvWrGUkC8>

Atasat, ai un link cu stretching pentru finalul antrenamentelor:

<https://www.youtube.com/watch?v=FIvRcz0zuY&feature=youtu.be>

Antrenamentul este circuit. Faci 3 circuite.

Alegi greutatea astfel incat sa simti tare la ultimele 4/5 repetari Ma anunti mereu cum merge!!!!

Sunt super busy si cu siguranta o sa uit si nu vreau apoi sa spui ca nu ma intereseaza dar am foarte multe fete si imi este imposibil !

De aceea am rugamintea sa imi scrii constant cum esti iar daca ai ceva neclaritati, la fel.

Saptamana 1 -antrenamentul 1 Luni asa cum este scris Miercuri+5 repetari la abs si plank Vineri inca 5

Sapt 2-antre 2

Ce ai nevoie pentru execuția antrenamentelor :

- Banda elastica hard
 - O saltea
 - O minge fitball 65
 - Saci glezna de 1kg 1k/sac
 - Gantere - greutatea ganterelor sa fie accesibila pentru antrenament , valabil în cazul fandarilor și al genuflexiunilor!
 - Coarda--dacă se cere în cadrul antrenamentului
- !!! Atenție :în cazul în care consideri ca nu faci exercițiul corect, am rugămintea sa te filmezi câteva secunde și sa îmi trimiți video.!!!

Antrenament 1

16 sumo squats +picior lateral -16/16 cu gantere

<https://www.youtube.com/watch?v=yAjVrjKvl-o>

20 plank spider duble pe palme

<https://www.youtube.com/watch?v=Gk-LOimCQ-o>

20 ball pass

<https://www.youtube.com/watch?v=Lrmlsxx3zx4>

30 one leg elevated hip thrust-30/30

<https://www.youtube.com/watch?v=Ylpw8ogCVKs>

20 plank butt up

<https://www.youtube.com/watch?v=nm6MAVLYZH0>

20 abs cercuri

<https://www.youtube.com/watch?v=-MT1I34zLXI>

25 plank jacks

<https://youtu.be/xCBz0TtHqWI>

1 min plank

<https://youtu.be/pSHjTRCQxIw>

Antrenament 2

16 fandare in spate +biceps -16/16 cu gantere

https://youtu.be/pV5a_7jqTmM

16 suicide plank

<https://youtu.be/iKKhgSrQs8E>

20 abs crunch coate genunchi

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

30 ball curls

<https://youtu.be/Kk8dpH4ZPos>

20 ball knee tucks

https://www.youtube.com/watch?v=xtcT5EbU_S8

20 abs twist duble cu gantera

<https://www.youtube.com/watch?v=TfTUk2AjV7g>

25 plank jacks

<https://youtu.be/xCBz0TtHqWI>

1 min plank

<https://youtu.be/pSHjTRCQxIw>

Antrenament 3

16 step up +fandare in spate -16/16 cu gantere

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

16 triceps dips

<https://youtu.be/6kALZikXxLc>

20 abs dublu crunch

<https://www.youtube.com/watch?v=k1WwGzce9-4>

Mers lateral cu elastic stanga dreapta

<https://www.youtube.com/watch?v=i0w7KczRvkk>

20 plank kicks duble

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

20 abs cercuri

<https://www.youtube.com/watch?v=-MT1I34zLXI>

25 plank jacks

<https://youtu.be/xCBz0TtHqWI>

1 min plank

<https://youtu.be/pSHjTRCQxIw>

Antrenament 4

16 squat press cu gantere

https://www.youtube.com/watch?v=RoCk2e_1zhg

20 plank reach duble

<https://www.youtube.com/watch?v=Ahn6Ar0T9BU>

20 abs sit up cu gantera

https://www.youtube.com/watch?v=1fbU_MkV7NE

30 ball curls

<https://youtu.be/Kk8dpH4ZPos>

20 plank lateral -20/20 up down

<https://www.youtube.com/watch?v=a4TdTXDNO1Y&feature=youtu.be>

20 abs foarfeci duble cu saci

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

25 plank jacks

<https://youtu.be/xcBz0TtHqWI>

1 min plank

<https://youtu.be/pSHjTRCQxlw>

Antrenament 5

16-16 3 pasi stanga 3 dreapta cu elastic la gambe

<https://www.youtube.com/watch?v=i0w7KczRvkk>

16 mers in plank

<https://www.youtube.com/watch?v=Ao-nV3ldINQ&feature=youtu.be>

20 ball pass

<https://www.youtube.com/watch?v=Lrmlsxx3zx4>

16 squat jumps

<https://www.youtube.com/watch?v=U4s4mEQ5VqU>

20 side plank reach -20/20

<https://www.youtube.com/watch?v=-ruAdV34H54>

20 abs genunchii la piept cu saci

<https://www.youtube.com/watch?v=cE85YAFMUr4>

30 mc duble

<https://youtu.be/cnyTQDSE884>

1 min plank

<https://youtu.be/pSHjTRCQxlw>

Antrenament 6

16 ball squat la perete cu gantere

<https://youtu.be/jPZMfp-FT9E>

16 knees push ups +arm raise

<https://www.youtube.com/watch?v=EglMk-PZwo0>

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

20 abs reverse crunch cu saci

<https://www.youtube.com/watch?v=hyv14e2QDq0>

30 ball hip thruts cu elastic-cu gantera

<https://www.youtube.com/watch?v=0Y8iKA4nv-8>

20 plank butt up

<https://www.youtube.com/watch?v=nm6MAVLYZH0>

20 abs bicicleta duble

<https://www.youtube.com/watch?v=9FGilxCbdz8>

30 mc duble

<https://youtu.be/cnyTQDSE884>

1 min plank

<https://youtu.be/pSHjTRCQxIw>

Antrenament 7

16 squat lateral raises cu gantere

<https://www.youtube.com/watch?v=yAjVrjKvl-o>

20 plank toe touches + spider

<https://youtu.be/nF7ETJ0esjQ>

<https://www.youtube.com/watch?v=Gk-LOimCQ-o>

20 ball pass

<https://www.youtube.com/watch?v=Lrmlsxxk3zx4>

25 semicerc cu saci-25/25

https://www.youtube.com/watch?v=i5BOv1cvq_w&feature=youtu.be

20 plank pukse +butt up

<https://www.youtube.com/watch?v=tDlxb3IA2M8>

<https://www.youtube.com/watch?v=nm6MAVLYZH0>

30 mc duble

<https://youtu.be/cnyTQDSE884>

1 min plank

<https://youtu.be/pSHjTRCQxIw>

Antrenament 8

16 wall ball lunges -16/16 cu gantere

<https://www.youtube.com/watch?v=EO2WPemUnFw>

20 plank dumbbell taps

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

20 abs cerc +foarfeca

<https://www.youtube.com/watch?v=-MT1I34zLXI>

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

30 one leg elevated hip thruts-30/30

<https://www.youtube.com/watch?v=Ylpw8ogCVKs>

20 plank rotation +jacks

<https://youtu.be/EI97nNyt-5A>

<https://youtu.be/xkBz0TtHqWI>

20 abs sit up punch

<https://www.youtube.com/watch?v=wQ3c44oE8iQ>

30 mc duple

<https://youtu.be/cnyTQDSE884>

1 min plank

<https://youtu.be/pSHjTRCQxIw>