



CYPRUS NATIONAL TEAM (work at home)



HYPERTROPHY WORK (slow motion exercise)

MONDAY

COACH: CANNESTRACCI
FRAGKESKOU

ASST

WARM UP 10' UPPER BODY and LOWER BODY

EXERCISES

SERIES

SERIES

REST

CURL BICEPS (WITH DUMBBELLS OR FULL BOTTLE)

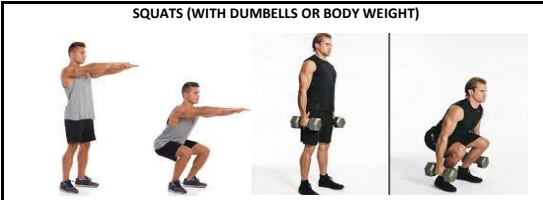


2 X 12
REPETITIONS

1 X 15
REPETITIONS

1'30

SQUATS (WITH DUMBBELLS OR BODY WEIGHT)

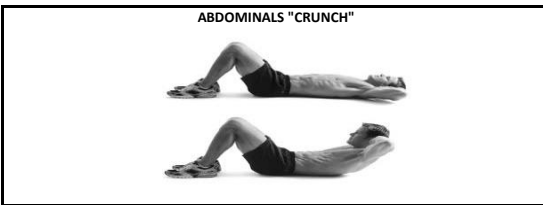


2 X 12
REPETITIONS

1 X 15
REPETITIONS

2'00

ABDOMINALS "CRUNCH"



3 X 25 REPETITIONS

1'00

FRONT LUNGE (WITH DUMBBELLS OR BODY WEIGHT)



2 X 12
REPETITIONS

1 X 15
REPETITIONS

1'30

STRETCHING // 20" FOR EACH EXERCISE



CYPRUS NATIONAL TEAM (work at home)



HYPERTROPHY WORK (slow motion exercise)

TUESDAY

COACH: CANNISTRACCI
FRAGKESKOU

ASST

WARM UP 10' UPPER BODY and LOWER BODY

EXERCISES

PRESS SHOULDER WITH DUMBBELL (FULL BOTTLE)



SERIES

2 X 12
REPETITIONS

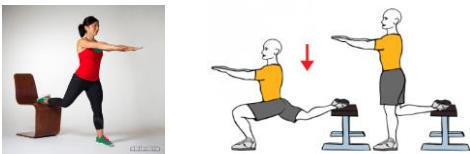
SERIES

1 X 15
REPETITIONS

REST

1'30

ARGENTINIAN SQUATS



2 X 12
REPETITIONS

1 X 15
REPETITIONS

1'30

PUSH UPS



3 X 15 REPETITIONS

1'30

LATERAL LUNGE



2 X 12
REPETITIONS

1 X 15
REPETITIONS

1'30

CORE PLANK TRAINING



3 X 30" REPETITIONS

1'30

STREACHING // 20" FOR EACH EXERSICE



CYPRUS NATIONAL TEAM (work at home)



REST DAY

WENESDAY

COACH: CANNESTRACCI
FRAGKESKOU

ASST



CYPRUS NATIONAL TEAM (work at home)



INTERVAL TRAINING (FAST MOTION EXERCISE)

THURSDAY

COACH: CANNESTRACCI
FRAGKESKOU

ASST

WARM UP 10' UPPER BODY and LOWER BODY

THE CIRCUIT

EXERCISES

SQUAT JUMPS



TIME WORK

20"

REST

10"

WHEN WE FINISH THE CIRCUIT WE TAKE 30 " BREAK, AND START AGAIN (FOR 3 TIMES WE DO THE CIRCUIT)

LATERAL PLANK



20"

10"

JUMPING JACKS



20"

10"

LATERAL PLANK (OTHER SIDE)



20"

10"

TRICEPS (CHAIR)



20"

10"

STREACHING // 20" FOR EACH EXERSICE



CYPRUS NATIONAL TEAM (work at home)



INTERVAL TRAINING (FAST MOTION EXERCISE)

FRIDAY

COACH: CANNISTRACCI
FRAGKESKOU

ASST

WARM UP 10' UPPER BODY and LOWER BODY

THE CIRCUIT

EXERCISES

ABDOMINAL SCISSORS CRUNCHES



TIME WORK

20"

REST

10"

WHEN WE FINISH THE CIRCUIT WE TAKE 30 " BREAK, AND START AGAIN (FOR 3 TIMES WE DO THE CIRCUIT)

STEPS UP (WITH CHAIR)



20"

10"

PUSH UPS



20"

10"

ISOMETRIC SQUAT



20"

10"

BLOCK MOVEMENTS WITH CROSS STEPS (WITH JUMPS)



20"

10"

STREACHING // 20" FOR EACH EXERSICE



CYPRUS NATIONAL TEAM (work at home)



HYPERTROPHY WORK (slow motion exercise)

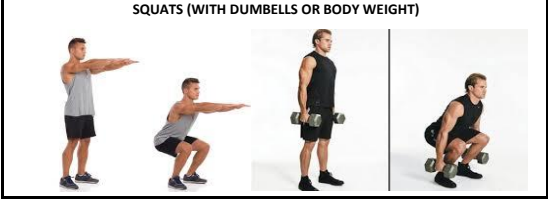

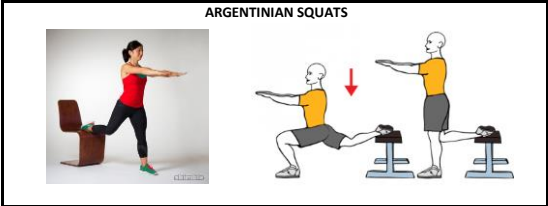
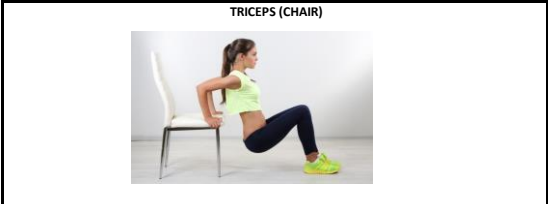
SATURDAY

COACH: CANNISTRACCI
FRAGKESKOU

ASST

WARM UP 10' UPPER BODY and LOWER BODY

THE CIRCUIT

EXERCISES	SERIES	REPETITIONS	REST
<p>SQUATS (WITH DUMBBELLS OR BODY WEIGHT)</p> 	3	1 X 15 REPETITIONS	2'
<p>PUSH UPS</p> 	3	1 X 15 REPETITIONS	1'30
<p>CORE PLANK TRAINING</p> 	3 X 35"/40"		1'30
<p>ARGENTINIAN SQUATS</p> 	3	1 X 15 REPETITIONS	1'30
<p>TRICEPS (CHAIR)</p> 	3	1 X 15 REPETITIONS	1'30

STREACHING // 20" FOR EACH EXERSICE