



ΠΡΟΓΡΑΜΜΑ ΠΡΟΠΟΝΗΣΗΣ/ΕΝΔΥΝΑΜΩΣΗΣ ΓΙΑ ΤΟ ΣΠΙΤΙ



5 MIN ΖΕΣΤΑΜΑ(ΤΡΕΞΙΜΟ Η' ΠΟΔΗΛΑΤΟ)ΚΑΙ ΔΥΝΑΜΙΚΕΣ ΑΣΚΗΣΕΙΣ(DYNAMIC STRETCHING)

3 ΓΥΡΟΥΣ Η ΠΙΟ ΛΙΓΕΣ ΑΣΚΗΣΕΙΣ 5 ΓΥΡΟΥΣ 8-12 REPS

A1 BOX OR AIR SQUATS

A2 RENEGADE PLANK

A3 BACKWARD LUNGES ATERNATE

A4 PLANK AND ALTERNATE ONE ARM ROW OR FACEPULLS WITH TOWEL

A5 SINGLE LEG DEADLIFT

A6 PUSH UP(MODIFIED FOR BEGINNERS AND ADVANCED)

A7 CORE EXERCISES(SEE PICTURES)

A8 BEAR CRAWL

A9 GLUTE BRIDGE OR DONKEY KICK

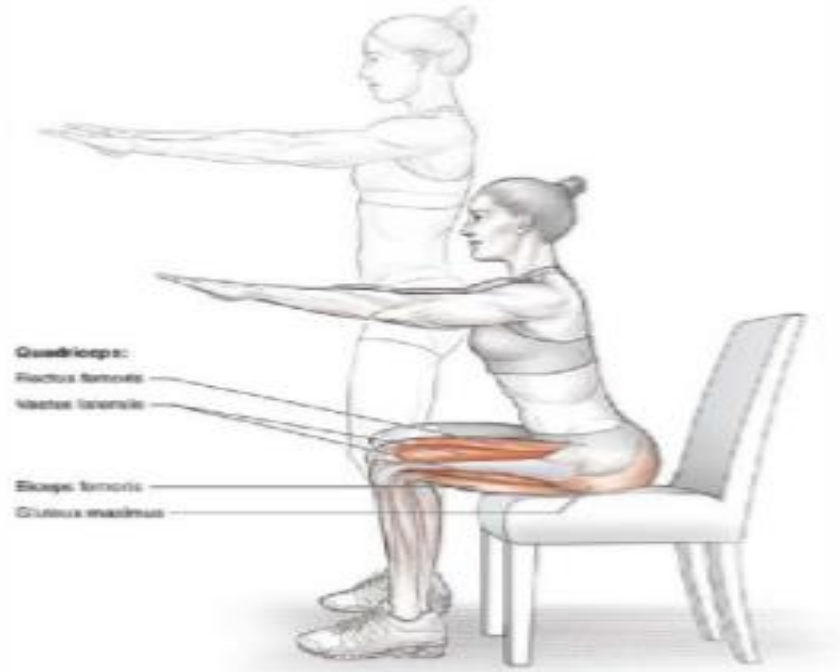
A10 JUMPING JACKS OR HIGH KNEES OR CLIMBERS

SQUAT AND BOX SQUAT FOR BEGINNERS

Sumo Squat



BOX SQUAT



Execution

1. Stand with your feet wider than shoulder-width apart and the feet flared to your preference. Stand very close to the edge of a sturdy box, bench, chair, step, or stool.
2. Initiate the movement by breaking at the hips and sitting back, keeping the chest up, the knees out so they track over the toes, and the shins perpendicular to the floor. Remember to push through the heels.
3. Pause for a moment while sitting on the box and then rise, making sure to squeeze the glutes to lockout.

Muscles Involved

Primary: Quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius)
Secondary: Gluteus maximus, gluteus medius, gluteus minimus, hamstrings (biceps femoris, semitendinosus, semimembranosus), erector spinae (spinalis, longissimus, iliocostalis)

Exercise Notes

The box squat is the fundamental squat pattern you should master before attempting other types of squats. This squat pattern teaches you how to sit back and use your hips. It also teaches you to keep the knees out to prevent them from caving in during the movement. Keep your chest up and push through your heels throughout the movement. Most people can start with a box height that puts their thighs parallel to the ground when seated. Less-fit people need to start with a box that's a bit higher, and athletic folks will be able to go right to the low box squat. It is critical that you learn how to use the hips while squatting because this practice will transfer to jumping and agility performance on the field, which will spare the knees and allow for greater explosiveness.

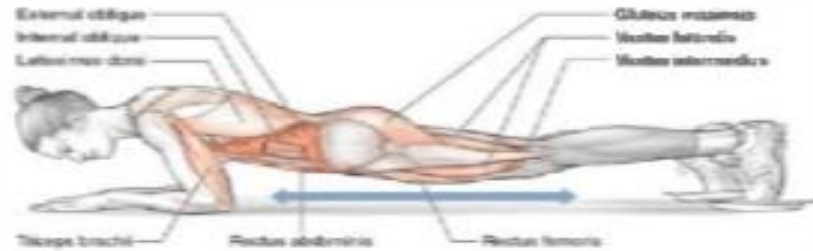
Variation

Low Box Squat



The low box squat is performed with a sturdy box that is about 12 inches (30 cm) high, give or take an inch or two. Although your knees will travel forward a bit and you won't maintain a vertical tibia (shin perpendicular to the ground), the goal is still to sit back and use the stronger

PLANK RENEGADE



neck. This is a challenging core movement and requires a mastery of other core exercises such as the front plank.

Execution

1. Form a pillar by resting your body on the ground and propping yourself on your elbows and feet. Feet are on paper plates. You also can use commercially-available sliding exercise discs or towels on a slick floor.
2. Keep your glutes and quadriceps contracted and your head in a neutral position so your body forms a straight line.
3. Rock the body forward and backward through shoulder flexion and extension. The feet will slide with the forearms serving as a pivot point.

Muscles Involved

Primary: Rectus abdominis, internal oblique, external oblique

Secondary: Gluteus maximus, quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), latissimus dorsi, triceps brachii

Exercise Notes

The sliding body saw is a dynamic variation of the front plank. With your feet on paper plates or another sliding device and your body in a plank position, slide forward and backward to allow your body to pivot around the elbows. Make sure your hips don't sag and that you keep your glutes contracted maximally throughout the movement. Look down to prevent hyperextending the

SLIDING LUNGE



Execution

1. Stand with feet pointed straight ahead and hands on the hips.
2. Keeping most of the weight on the front leg, step back and lean forward to an approximately 30-degree trunk angle, sinking into the working hip and descending until the back knee approaches or touches the ground.
3. Rise back to starting position.

Muscles Involved

Primary: Quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), gluteus maximus
Secondary: Hamstrings (biceps femoris, semitendinosus, semimembranosus), adductor magnus, adductor longus, adductor brevis, gluteus medius, gluteus minimus, deep hip external rotators

Sliding Lunge



Execution

1. Stand with feet pointed straight ahead about shoulder-width apart with hands on the hips and one

foot on a paper plate. You also may use a commercially available sliding exercise disc or, on a slick floor, a small hand towel.

2. Keeping most of the weight on the foot that isn't on the plate, slide the foot on the plate back and lean forward to an approximately 30-degree trunk angle, sinking into the working hip and descending until the back knee approaches or touches the ground.
3. Rise to starting position.

Muscles Involved

Primary: Quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), gluteus maximus

Secondary: Hamstrings (biceps femoris, semitendinosus, semimembranosus), adductor magnus, adductor longus, adductor brevis, gluteus medius, gluteus minimus, deep hip external rotators

Exercise Notes

This is similar to the reverse lunge, except that in the sliding lunge your foot always maintains contact with the ground. Many people prefer this variation over the reverse lunge, but it's up to the individual. I like the standard reverse lunge better, but give them both a try and judge for yourself. At any rate, both are great variations and the lunge pattern is an essential pattern for comprehensive hip strength, so you can't go wrong by performing both variations from time to time.

TOWEL FACEPULLS OR ALTERNATE PLANK AND 1 ARM ROW



Execution

1. Hold on to the ends of a towel that is looped around a pole and lean back with the towel supporting your weight in a stretched position.
2. Keeping your chest up, your core tight, and your body in a straight line, pull your hands toward your ears while squeezing the scapulae together.
3. Lower to the starting position.

Muscles Involved

Primary: Trapezius, rhomboids, posterior deltoid

Secondary: Latissimus dorsi, brachialis, biceps brachii



SINGLE LEG DEADLIFT

Variation

Reaching Romanian Deadlift With Knee Raise



When you have mastered the single-leg Romanian deadlift, incorporate a reaching technique by flexing the shoulders to raise the arms so they're in a straight line with the rest of the body. The rear leg, torso, and arms should be roughly parallel to the ground. In addition, perform a knee lift at the top of the movement while balancing on one leg. This exercise is challenging in terms

provide the required support to secure your body so all of your energy goes into the exercise and isn't wasted trying to stabilize yourself. Lower the body slowly and push your body back to starting position while trying to use the hamstrings as much as possible. Make sure you squeeze the glutes throughout the movement to ensure that the pelvis does not tilt forward.

Variation

No-Hands Russian Leg Curl



The no-hands Russian leg curl is highly advanced. Most exercisers never get to this point, but with consistent training you'll be able to perform the movement all on your own. Your hamstrings will be able to produce sufficient force to reverse your body and raise it to lockout with no assistance from your arms. When you reach this point, simply place your hands behind your back. As the set progresses, put your arms at the side just in case you need to use them to prevent a face plant.

Single-Leg Romanian Deadlift



Execution

1. Stand on one foot. Squeeze the glute of the nongrounded leg to lock it into position as it travels back.
2. Making sure the rear leg stays in line with the torso, bend over at the waist while shifting the weight back and looking down to prevent cervical hyperextension. Keep the chest up.
3. Keeping a strong low back arch, descend until your hamstring range of motion runs out. Reverse the motion back to starting position. Perform all the repetitions on the weaker leg first and then switch and repeat with the stronger leg.

Muscles Involved

Primary: Hamstrings (biceps femoris, semitendinosus, semimembranosus)
Secondary: Erector spinae (spinalis, longissimus, iliocostalis), gluteus maximus

Exercise Notes

The single-leg Romanian deadlift uses the primary hip-hinging pattern that is required for basic lifting technique.

CHEST MUSCLES/PECTORALS

Push-Up



Execution

1. Place your hands slightly wider than shoulder width and your feet close together on the ground with your body in a straight line from heels to head.
2. With the arms at a 45-degree angle, the hands positioned directly under the elbows, the glutes and

abs contracted, and the entire body tight, lower yourself until your chest touches the ground.

3. Reverse the movement and raise your body until your elbows lock out.

Muscles Involved

Primary: Pectoralis major, triceps brachii, anterior deltoid

Secondary: Serratus anterior, trapezius, rectus abdominis

Exercise Notes

Second to the biceps, the pectoralis major is the muscle men most want to develop, as evidenced by our obsession with push-ups and bench presses. But this exercise isn't all show and no go. Push-ups build upper-body strength and power, which transfers to punching and pushing power. Make this a full-body exercise by engaging the core and keeping the glutes squeezed as tightly as possible throughout the set. Many people sag at the hips, place their elbows too wide, and fail to use a full range of motion. By engaging the glutes and abs, you'll prevent the hips from sagging. Place your arms at a 45-degree angle from your body (abducted position) and make sure your forearms and hands are directly under the elbows for maximum shoulder joint health. Look down to keep the neck in neutral position. Lower all the way and come up all the way for correct performance, which allows you to also strengthen the shoulder stabilizers and keep the shoulders healthy for years to come.

MODIFIED FOR BEGINNERS

Torso-Elevated Push-Up



Execution

1. Place your hands on top of a sturdy chair or table slightly wider than shoulder width and your feet close together on the ground.
2. Keeping your glutes contracted and your body in a straight line, lower yourself until your chest touches the chair or table.
3. Reverse the movement and raise your body until your elbows lock out.

Muscles Involved

Primary: Pectoralis major, triceps brachii, anterior deltoid

Secondary: Serratus anterior, trapezius, rectus abdominis

FOR ADVANCED

This is a great beginner variation because it allows you to perform the movement with proper core activation and accustoms you to keeping the body long and straight. As you progress, perform the movement from a lower table or chair to bring yourself closer to the ground. Eventually you'll be able to perform push-ups from the floor.

Variation

Feet-Elevated Push-Up



The feet-elevated push-up is an advanced pectoral exercise that uses a greater percentage of body weight and changes the angle to make the movement more like an incline press, thereby activating more upper-pectoral musculature. Although you need to go deep for maximal effectiveness, try not to look up too much at the bottom of the movement so you don't hyperextend the neck.

CORE EXERCISES



Execution

1. Lie supine with the knees bent, feet on the floor, and hands at the ears. Hold the head and neck in neutral position, not flexed or twisted.
2. Flex the spine to 30 degrees of trunk flexion with most of the motion occurring in the thoracic spine, keeping the head and neck in proper position.
3. Hold at the top briefly and then lower the trunk slowly under control.

Muscles Involved

Primary: Rectus abdominis

Secondary: External oblique, internal oblique

Exercise Notes

The crunch is one of the most basic core exercises in the books. It targets the muscles of the abdominal wall and strengthens the dynamic trunk flexion role of the core, which is critical for sport actions such as throwing a baseball, serving a tennis ball, or spiking a volleyball.

Limit the flexion of the low back during the crunch and focus most of the motion in the upper back. Raise the torso to just 30 degrees of total trunk flexion and make sure you accentuate the isometric portion (the static hold

when you keep the body motionless) at the top as well as the eccentric (lowering) component.

Variation

Reverse Crunch

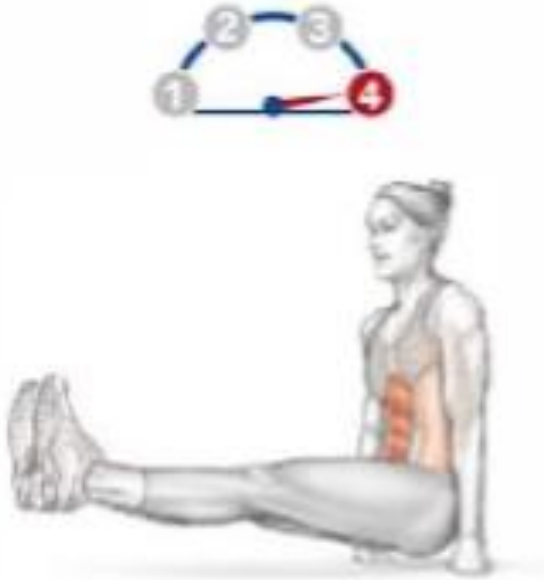


While the standard crunch targets the upper rectus abdominis a bit better than the lower rectus abdominis, if done correctly the reverse crunch will recruit more lower rectus abdominis and oblique activity because of the posterior pelvic tilting involved in the variation. Start with the hips flexed at 90 degrees and knees bent. Pull the knees toward the head and raise the buttocks off the ground.

CORE EXERCISES (ADVANCED)

Variation

L-Sit



The L-sit is a challenging variation that involves holding an isometric, 90-degree, hips-flexed position while the entire body hovers over the ground. This advanced variation can be attempted after you've gained sufficient core strength and hamstring flexibility through other exercises. If you have proportionally shorter arms, you can place two blocks next to you, and you can put your palms flat on the blocks.

Seated Knee-Up



Execution

1. While seated, lean back and grab the seat of the chair, keeping the feet on the floor, chest up, and head and neck in neutral position.
2. Keeping the knees bent, simultaneously move the trunk forward and the legs upward so the trunk and thighs move toward each other.
3. Lower the torso and feet to starting position.

Muscles Involved

Primary: Rectus abdominis, psoas, rectus femoris
Secondary: Internal oblique, external oblique

DEAD BUG(BEGINNERS)

Starting position.



Execution

1. Lie supine (face-up) on the ground. Bend both knees. Plant one foot on the ground and lift the other in the air, keeping the hip and knee flexed at 90 degrees.
2. Lower the bent leg toward the ground. As it approaches the ground, straighten the knee as you continue lowering the leg toward the ground, stopping just short of contact. Keep your lumbar spine in neutral position.
3. Reverse the movement and return to starting position.

Muscles Involved

Primary: Lower rectus abdominis, psoas major, rectus femoris

Secondary: Upper rectus abdominis, internal oblique, external oblique

Exercise Notes

The bent-knee single-leg lowering with extension exercise is an excellent beginner exercise for increasing stability of the low back and pelvis by strengthening the hip flexors and abdominals. This exercise looks easy, but if you do it properly you'll realize that it isn't. Many people fail to maintain proper lower-back alignment throughout this exercise. It's critical that you learn to stabilize the spine properly during these types of movements.

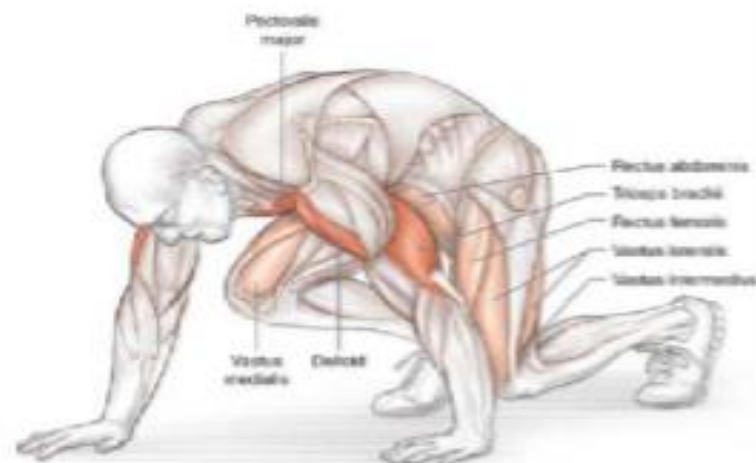
Variation

Dead Bug



The dead bug exercise is a more challenging variation that involves diagonal arm and leg movements. Start in a supine position with the hips, knees, and shoulders flexed to 90 degrees. Simultaneously lower one leg and the opposite arm toward the floor while keeping the lower back in a neutral position. This is much harder than it appears.

Bear Crawl



Execution

1. Facing downward and keeping your head and neck in neutral alignment, start on all fours so your hands and feet are in contact with the ground.
2. Keeping low to the ground, crawl forward like a bear by flexing the arm and hip on one side of the body while simultaneously extending the arm and hip on the other side of the body.
3. Crawl forward for the desired length and then crawl backward to starting position.

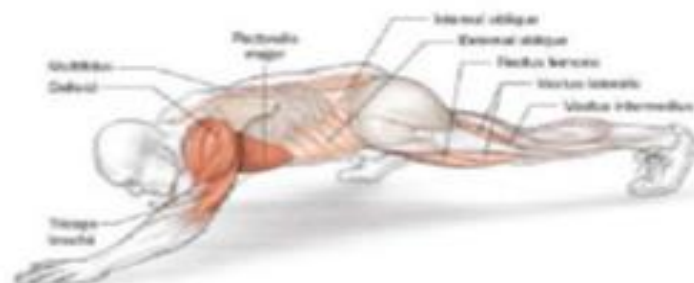
Muscles Involved

Primary: Triceps brachii, pectoralis major, deltoids
Secondary: Hip flexors (iliacus, psoas), quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), rectus abdominis

Exercise Notes

The bear crawl exercise is a natural movement, but your body will want to touch the knees to the ground like you crawled as a baby. Don't allow the knees to touch the ground and avoid looking up and hyperextending the neck. Stay low to the ground and move rhythmically and smoothly. The outside knee of the flexing hip will track on the outside of the adjacent extending arm. Crawling forward will probably seem easy at first, but crawling backward takes practice to develop coordination.

Crocodile Crawl



GLUTE BRIDGE

Glute Bridge



Execution

1. Lie on your back with the knees bent at 90 degrees and the palms flat on the ground.
2. Pushing through the heels, raise the hips as high as possible using the gluteal muscles. Move solely around the hip joint and keep the lower back in a neutral position.
3. Hold the bridge in the top position for a moment, then lower the hips to starting position.

Muscles Involved

Primary: Gluteus maximus

Secondary: Hamstrings (biceps femoris, semitendinosus, semimembranosus), erector spinae (spinalis, longissimus, iliocostalis), adductor magnus, adductor longus, adductor brevis, gluteus medius, gluteus minimus

Exercise Notes

The glute bridge is the fundamental bent-leg hip extension movement on which all bridging motions are built. The goal is to feel the glutes lifting the hips and not the

hamstrings or spinal erectors. Avoid hyperextending the lumbar spine or anteriorly tilting the pelvis. Bending the knees shortens the hamstring muscle, reducing its contribution to the movement and putting more emphasis on the gluteus maximus. Many people initially feel their hamstrings cramp during bridging movements because their hamstrings aren't accustomed to bent-leg hip extension motions. This quickly dissipates as the glutes learn to take on a primary hip extension role and the hamstrings serve a secondary role. Strong, activated glutes prevent forward pelvic tilting and low-back overarch, which is critical for optimal performance during this exercise.

Variation

Glute March



Once you master the glute bridge, experiment with the marching variation. At the top of the movement, lock your body into position and then raise one leg by flexing at the hips. This is challenging because you'll be forced to

BENT LEG DONKEY KICK



The bent-leg donkey kick, in which the knee is bent to 90 degrees while the leg is lifted, shortens the hamstrings and reduces the participation of the hamstrings in the movement. Because the hamstrings are weakened, the stronger glutes will pick up the slack, which makes this movement a more targeted glute exercise because it requires less hamstring and spinal erector torque while keeping the tension on the glutes. Squeeze the glutes at the top of the movement and keep the spine straight as the hip rises.

Variation

Bird Dog



The bird dog exercise builds on the donkey kick by adding a diagonal upper-body movement pattern to complement the lower-body movement and allow for proper transfer through the core. During this movement alternate between extension patterns of diagonal pairs—left arm combined with right leg and right arm combined with left leg. The diagonal movement patterns call on the spinal stabilizers to resist rotational movement, which makes for an effective core-stability exercise.

Side-Lying Clam

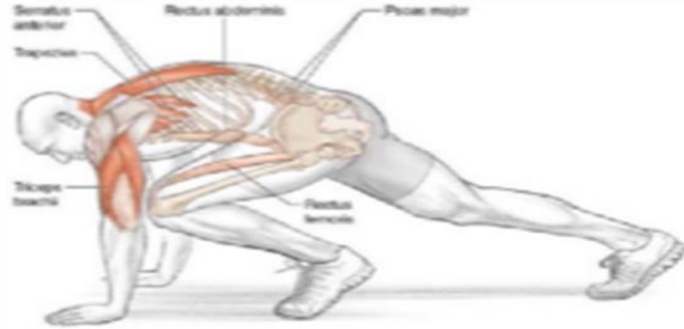


METABOLIC RESISTANCE TRAINING

WHOLE BODY EXERCISES

JUMPING JACKS

OR CLIMBERS



Execution

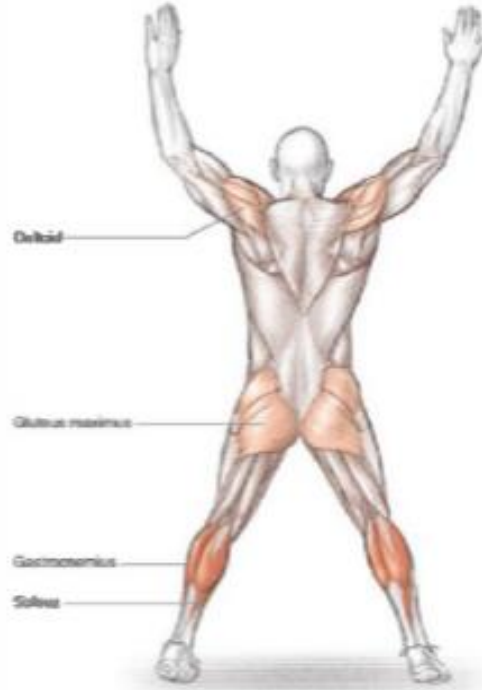
1. From a standing position, bend over and place your palms on the floor.
2. Sink the hips down and straighten out one leg behind the body.
3. Alternate between jumping one leg forward by flexing the hip and kicking the other leg back by extending the hip in a climbing maneuver.

Muscles Involved

Primary: Triceps brachii, serratus anterior, trapezius
 Secondary: Rectus abdominis, hip flexors (iliacus, psoas, rectus femoris)

Exercise Notes

The mountain climber is another brutal conditioning exercise. It might appear easy on the surface, but performing the mountain climber for an extended period of time is challenging. Keep the head and neck in a neutral position and move mostly at the hips and not too much at the lumbar spine. Many people cheat on this movement to make it easier by hiking the hips up and skirting on the range of motion. Kick the feet all the way forward and all the way back.



Execution

1. Stand with the arms to the sides and feet about hip-width apart.
2. Jump up while spreading the legs apart and raising the arms to the sides until they reach overhead.
3. Land and then spring back to starting position, bringing the legs back together and lowering the arms.

Muscles Involved

Primary: Quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), gastrocnemius, soleus

Secondary: Deltoids, gluteus maximus, gluteus medius, gluteus minimus

Exercise Notes

The jumping jack is a classic calisthenic performed in physical education curriculum around the world. It effectively raises the metabolic rate while warming up the shoulder and hip joints. The goal is not to jump as high as possible during the jumping jack exercise but to move rhythmically and absorb the landing softly.

Variation

Transverse-Arm Jumping Jack



ΓΙΑ ΤΟΥΣ ΑΘΛΗΤΕΣ ΠΟΥ ΘΕΛΟΥΝ ΝΑ ΔΙΑΤΗΡΗΣΟΥΝ ΤΗΝ ΑΕΡΟΒΙΑ ΚΑΙ ΑΝΑΕΡΟΒΙΑ ΤΟΥΣ ΑΝΤΟΧΗ

- *3 min warm up(jog)*
- *3 min dynamic stretching*
- Συνεχόμενο εναλασσόμενο τρέξιμο
- ***Run the following:***
 - 3 min med-fast
 - 1-2 min slow
 - 3 min med-fast
 - 1 min slow
 - 2 min med-fast
 - 1 min slow
 - 1 mi fast
 - 1 min slow
 - 30 sec fast
 - 30 sec slow
 - 30 sec fast
 - 30 sec slow
 - 2 min slow

Bibliography

[**Bret Contreras**] -- Bodyweight Strength Training Anatomy, Anatomy series ed **Human Kinetics**