

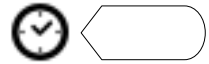


# ΠΡΟΓΡΑΜΜΑ ΠΡΟΠΟΝΗΣΗΣ

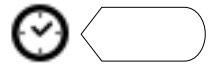
Στόχοι:

- 1. ....
- 2. ....

## A. Προθέρμανση



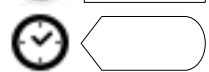
A1 →



Περιγραφή:

.....

A2 →



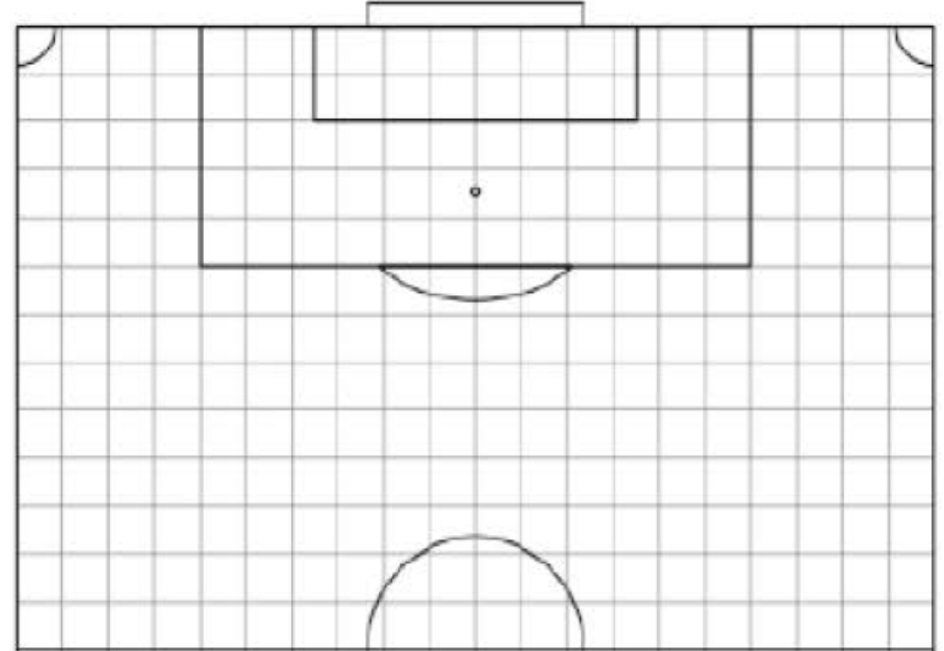
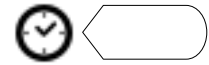
Περιγραφή:

.....

## B. Κύριο Μέρος



B1 →



Περιγραφή:

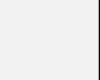
.....

Ημ/νία: .....

Ημ.: .....

Π.Μ.: .....

ΕΒΔ.: .....

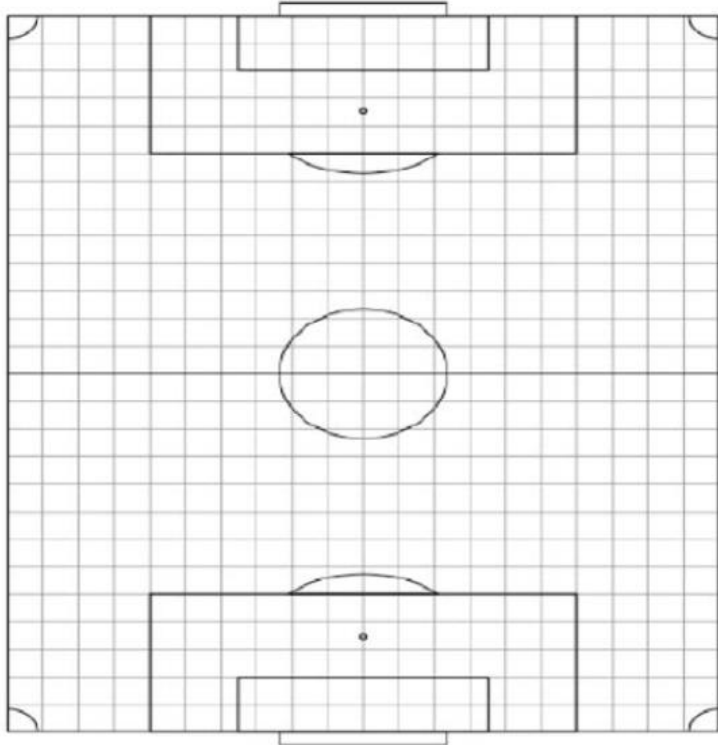
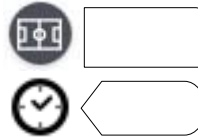


Στόχος: .....

Στόχος: .....

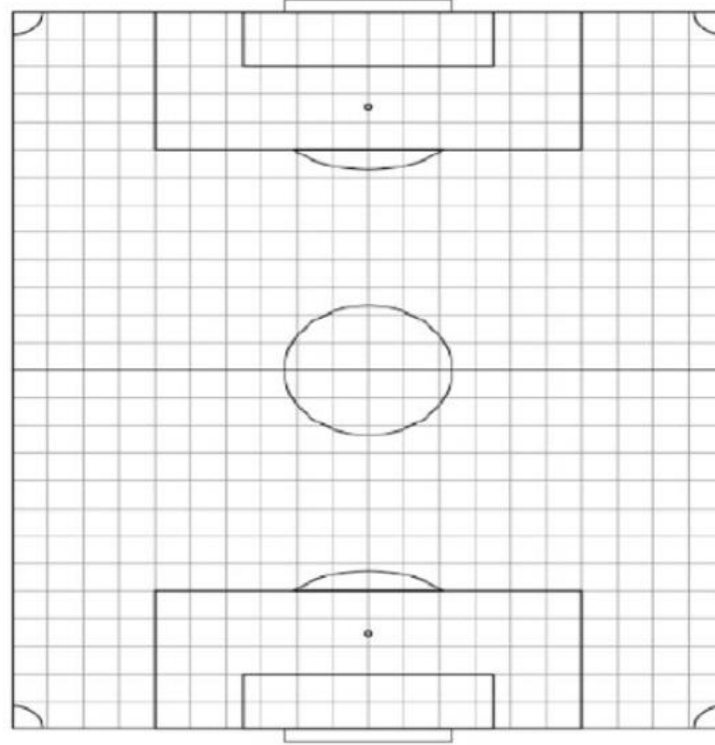
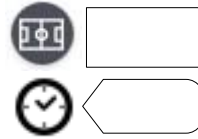
## Β. Κύριο Μέρος (συνέχεια)

**B2** → .....



Περιγραφή: .....

**B3** → .....



Περιγραφή: .....

## Γ. Αποθεραπεία

**Γ1** → .....