**ÚRVALSBÚÐIR · 6 ÆFINGAR**

*Smelltu á æfingu til að sjá kennslumyndband fyrir hverja styrktaræfingu.*

*Blað og æfingar verður hægt að finna á* ***kki.is/urvalsbudir***

 **VIKA 1 + 2**

**2x** æfingar í viku. **2 hringir** í hvert sinn **Merktu við í lok hvers æfingadags:**

[Sipp á marga vegu](https://www.youtube.com/watch?v=e4zLuZM01vU) 1 mín.

[Armbeygjur](https://www.youtube.com/watch?v=g00aZ6t6lPg)  10x

[Náraplanki á stól](https://www.youtube.com/watch?v=okc45vnpTjY) 30 sek VIKA 1

[Aftan á læri slide](https://www.youtube.com/watch?v=sbbhQXj5TfY)  10x

[Afturstig með hnélyftu](https://www.youtube.com/watch?v=oOIXGkeRBzM) 10x

[Planki](https://www.youtube.com/watch?v=vg0xf3-tvUI) 30 sek. VIKA 2

**VIKA 3 + 4**

**3x** æfingar í viku. **3 hringir** í hvert sinn

[Sipp á marga vegu](https://www.youtube.com/watch?v=e4zLuZM01vU) 1 mín.

[Armbeygjur](https://www.youtube.com/watch?v=g00aZ6t6lPg)  10x VIKA 3

[Náraplanki á stól](https://www.youtube.com/watch?v=okc45vnpTjY) 30 sek.

[Aftan á læri slide](https://www.youtube.com/watch?v=sbbhQXj5TfY) 10x

[Afturstig með hnélyftu](https://www.youtube.com/watch?v=oOIXGkeRBzM) 10x

[Planki](https://www.youtube.com/watch?v=vg0xf3-tvUI) 30 sek. VIKA 4

**VIKA 5 + 6**

**4x** æfingar í viku. **3 hringir** í hvert sinn

[Sipp á marga vegu](https://www.youtube.com/watch?v=e4zLuZM01vU) 1 mín.

[Armbeygjur](https://www.youtube.com/watch?v=g00aZ6t6lPg)  10x VIKA 5

[Náraplanki á stól](https://www.youtube.com/watch?v=okc45vnpTjY) 30 sek.

[Aftan á læri slide](https://www.youtube.com/watch?v=sbbhQXj5TfY) 10x

[Afturstig með hnélyftu](https://www.youtube.com/watch?v=oOIXGkeRBzM) 3x10 VIKA 6

[Planki](https://www.youtube.com/watch?v=vg0xf3-tvUI) 30 sek.

**VIKA 7 + 8**

**4x** æfingar í viku. **4 hringir** í hvert sinn

[Sipp á marga vegu](https://www.youtube.com/watch?v=e4zLuZM01vU) 1 mín.

[Armbeygjur](https://www.youtube.com/watch?v=g00aZ6t6lPg)  10x VIKA 7

[Náraplanki á stól](https://www.youtube.com/watch?v=okc45vnpTjY) 30 sek.

[Aftan á læri slide](https://www.youtube.com/watch?v=sbbhQXj5TfY)  10x

[Afturstig með hnélyftu](https://www.youtube.com/watch?v=oOIXGkeRBzM) 10x

[Planki](https://www.youtube.com/watch?v=vg0xf3-tvUI) 30 sek. VIKA 8

**VIKA 9 + 10**

**4x** æfingar í viku. **5 hringir** í hvert sinn

[Sipp á marga vegu](https://www.youtube.com/watch?v=e4zLuZM01vU) 1 mín.

[Armbeygjur](https://www.youtube.com/watch?v=g00aZ6t6lPg)  10x VIKA 9

[Náraplanki á stól](https://www.youtube.com/watch?v=okc45vnpTjY) 30 sek.

[Aftan á læri slide](https://www.youtube.com/watch?v=sbbhQXj5TfY)  10 x

[Afturstig með hnélyftu](https://www.youtube.com/watch?v=oOIXGkeRBzM) 10x VIKA 10

[Planki](https://www.youtube.com/watch?v=vg0xf3-tvUI) 30 sek.