

ΕΒΔΟΜΑΔΕΣ	15/10/15	22/10/15	29/10/15	05/11/15	12/11/15	19/11/15	26/11/15	03/12/15	10/12/15	17/12/15	07/01/16	14/01/16	21/01/15
ΑΣΚΗΣΕΙΣ													
1						1		2	7	3	6	5	4
2		2+3		4+5			6+7						
3			5		6	2		3	1	4	7		
4	3	4	2	6	1		5						
5	6	1	7	2	5	4			3				
6		5	1	3	4	6				2		7	
7		7	6						4		1+5		2+3
8					7	5			6		2+3+4		1
9	5	6	3	7				4		1			
10	1+2+4									5+6+7			
11	7		4		2	3		1	5			6	
12				1	3	7			2				
13							1+2+3+4	5+6+7					
14												1+2+3+4	5+6+7

Ενημέρωση 13/10/2015