

WORK-OUT SCHEDULE



Naam: SOFTBALL	Perioden: 3	Split of full body:	Trainingsvorm: k-uhv	Trainingsmethode: single set+EMOM
----------------	-------------	---------------------	----------------------	-----------------------------------

Nr:	Naam oefening:	Herhaling:	Sets:	Gewicht:	Rust:	Info:
	Warming up pvc buis of stok					
	MINI BAND					
1	Glute side raises				30s	
2	Hip thruster				30s	
3	Side walks				30s	
	EMOM SUPERSETS					
1	Jumpsquats / situps					
2	Lunges / legraises					

STRETCHING Routine.. iedere variant 20 seconden vasthouden

<https://www.youtube.com/watch?v=B8Xdkd8icPA>

MINI BAND

1 3X10

2 3X12

3 3X14

4 3X16

5 4X10

6 4X12

7 4X14

8 4X16

EMOM

1 4X10

2 4X12

3 4X14

4 4X16

5 5X10

6 5X12

7 5X14

8 5X16

