

WORK-OUT SCHEDULE



Naam: SOFTBALL	Perioden: 1	Split of full body: fullbody	Trainingsvorm: k-uhv	Trainingsmethode: single sets
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Nr:	Naam oefening:	Herhaling:	Sets:	Gewicht:	Rust:	Info:
	Warming-up pvc buis of stok					
	Mini bands squats	15/16/17/18	3			
	Mini bands hipthruuster	15/16/17/18	3			
	Mini band glute side raise	15/16/17/18	3			
	Banded reverse fly	12/13/14/15	3			
	Banded shoulder poul apart	12/13/14/15	3			
	Planking	30/35/40/45	3			
	Superman form hands and knees	2x8/2x9/2x10/2x11	3			
	Statisch stretchen					

STRETCHING Routine.. iedere variant 20 seconden vasthouden

<https://www.youtube.com/watch?v=B8XdKd8icPA>