

<b>KIND OFF WORKOUT</b>	SCHOUDER PREVENTIE
<b>PERIODEN</b>	N.V.T
<b>GOAL WORKOUT</b>	SCHOUDER MOBILITEIT VERBETEREN
<b>FULLBODY/SPLIT</b>	N.V.T
<b>WORKOUT METHOD</b>	SINGLE SETS



		<b>REPS:</b>	<b>SETS:</b>	<b>WHEIGHT:</b>	<b>PAUSE:</b>	<b>TEMPO:</b>
1	Exersise 1 static double handed chest stretch	20s	1			
2	Exercise 2 static single handed chest stretch	20s	1			
3	Exersise 3 static tricep overhead stretch	20s	1			
4	Exersise 4 static delt stretch	20s	1			
1	Exersise 1 mobility rondjes draaien rug zeide	2x10	2		30s	
2	Exersise 2 mobility schouders roteren op handen en knieen	2x10	2		30s	
3	Exersise 3 mobility downword facing dog handwalk	3 rondjes	2		30s	
4	Exersise 4 mobility superman floor press	10x	2		30s	

