

KIND OFF WORKOUT	CROSS FITNESS DUMBELL PROGRAMMA 1
PERIODEN	
GOAL WORKOUT	
FULLBODY/SPLIT	FULLBODY
WORKOUT METHOD	SINGLE SETS & EMOM



	LOWERBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP + MOBILITY NAAR KEUZE					
	CONDITIONING ROPE JUMPS					
	WORLDS GREATEST STRETCH					
	SINGLE SETS DB HANGING CLEAN					
	SINGLE SETS DB KNEELING SINGLE ARM OVERHEAD PRESS					
	SINGLE SETS DB BENT OVER ROW					
	EMOM 1 DB SINGLE ARM LUNGES & BURPYS					
	EMOM 2 DB FLOOR CHEST PRESS & BOX JUMPS					

	training 1	training 2	training 3	training 4	training 5	training 6
ROPE JUMPS	3x60	3x80	3x100	4x70	4x90	4x100
	training 1	training 2	training 3	training 4	training 5	training 6
SINGLE SETS DB HANGING CLEAN	4x8	4x10	4x12	5x6	5x7	5x8
SINGLE SETS DB KNEELING SINGLE ARM OH PRESS	4x8	4x10	4x12	5x6	5x7	5x8
SINGLE SETS DB BENT OVER ROW (60 seconds pause between sets)	4x8	4x10	4x12	5x6	5x7	5x8
	training 1	training 2	training 3	training 4	training 5	training 6
EMOM 1	10 MINUTEN	10 MINUTEN	10 MINUTEN	12 MINUTEN	12 MINUTEN	12 MINUTEN
MINUT 1 DB SINGLE ARM LUNGES	2x4	2x5	2x6	2x4	2x5	2x6
MINUT 2 BURPYS	8	10	12	8	10	12
	training 1	training 2	training 3	training 4	training 5	training 6
EMOM 2						
MINUT 1 DB FLOOR CHEST PRESS	8	10	12	8	10	12
MINUT 2 BOX JUMPS OF JUMPSQUATS	8	10	12	8	10	12