

KIND OFF WORKOUT	CROSS FITNESS DUMBBELL PROGRAMMA 2
PERIODEN	
GOAL WORKOUT	
FULLBODY/SPLIT	FULLBODY
WORKOUT METHOD	SINGLE SET & EMOM



	LOWERBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP + MOBILITY NAAR KEUZE					
	CONDITIONING RUNNING					
	WORLDS GREATEST STRETCH					
	SINGLE SET DB HANGING POWER CLEAN EN PRESS					
	SINGLE SET DB OVERHEAD PRESS					
	SINGLE SET DB BENT OVER REVERSE FLY					
	SINGLE SET DB FLOOR CHEST PRESS					
	EMOM 1 DB HANGING CLEAN & SIT-UPS					
	EMOM 2 DB GOBLET SQUATS & V-UPS					

	training 1	training 2	training 3	training 4	training 5	training 6
RUNNING	5 minutes	5 minutes	6 minutes	6 minutes	7 minutes	7 minutes
	training 1	training 2	training 3	training 4	training 5	training 6
SINGLE SETS DB HANGING POWER CLEAN EN PRESS	4x8	4x10	4x12	5x6	5x7	5x8
SINGLE SETS DB OVERHEAD PRESS	4x8	4x10	4x12	5x6	5x7	5x8
SINGLE SETS DB BENT OVER REVERSE FLY	3x12	3x14	3x16	4x10	4x12	4x14
DB FLOOR CHEST PRESS	3x10	3x12	3x14	4x10	4x12	4x14
(60 seconds pause between sets)						
	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 HANGING CLEAN	6	7	8	7	8	9
MINUT 2 SIT-UPS	12	13	14	13	14	15
	training 1	training 2	training 3	training 4	training 5	training 6
EMOM 2						
MINUT 1 DB GOBLET SQUATS	8	10	12	8	10	12
MINUT 2 V-UPS	8	9	10	8	10	12