

KIND OFF WORKOUT	SINGLE SET FULL BODY HOME WORKOUT
PERIODEN	
GOAL WORKOUT	FIT AND HEALTH
FULLBODY/SPLIT	FULLBODY
WORKOUT METHOD	SINGLE SETS
TOTAL WORKOUTS	4



		REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
WARMING-UP RUSSIAN						
WARMING-UP PVC + WORLDS GREATETS STRECHTS						
	TABATA JUMPING JACKS / PLANK	8x 20/10			90s	
	TABATA FLOORTOUCH AND JUMP / SUPERMAN HANDS & KNEES	8x 20/10			90s	
1	SQUATS	14	3		40s	3-1-2-1
2	LUNGES FRONT	2x7	3		40s	2-1-2-1
3	PUSH-UPS	Maximal -2	3		60s	3-1-2-1
4	BEND OVER REVERSE FLY (bottle)	12	3	1L	40s	2-2-2-1
5	PUSHUP STAND SHOULDER TAP	2x6	3		40s	n.v.t.
6	SIT-UPS	12	3		40s	2-1-3-1

TABATA

Workout 1	4 sets 20/10
Workout 2	4 sets 25/10
Workout 3	5 sets 20/10
Workout 4	5 sets 25/10

SINGLE SETS

Workout 1	+ 0 sets	+0 reps
Workout 2	+ 0 sets	+2 reps
Workout 3	+ 1 sets	+0 reps
Workout 4	+ 1 sets	+2 reps