

KIND OFF WORKOUT	SUPERSETS FULLBODY WORKOUT NO EQUIPMENT
PERIODEN	
GOAL WORKOUT	STRENGHT AND ENDURANCE
FULLBODY/SPLIT	FULLBODY
WORKOUT METHOD	SUPERSETS
TOTAL WORKOUTS	4



FULLBODY WORKOUT			REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
WARMING-UP							
WORKOUT OF THE WEEK (CHECK ONLINE <a href="http://www.pt-haarlem.nl">www.pt-haarlem.nl</a> )							
				120s			
1	SUPERSET	QUARTER SQUATS / PUSHUP STAND SHÖULDER TAP	10/2x7	3		60s	
2	SUPERSET	LUNGES BACK / SIT-UPS	2x6 /14	3		60s	
3	SUPERSET	PUSH-UPS / HIP BRIDGE	Maximal – 1 / 14	3		60s	
4	SUPERSET	BENT OVER REVERSE FLY (buttle) / LEG RAISES	12/14	3	1L	60s	

## SUPERSETS

Workout 1      + 0 sets   +0 reps

Workout 2      + 0 sets   +2 reps

Workout 3      + 1 sets   +0 reps

Workout 4      + 1 sets   +2 reps