

<b>KIND OFF WORKOUT</b>	LOWER BACK PREVENTIE
<b>PERIODEN</b>	N.V.T
<b>GOAL WORKOUT</b>	PROGRESSION IN STRENGHT AND MOBILITIE
<b>FULLBODY/SPLIT</b>	N.V.T
<b>WORKOUT METHOD</b>	SINGLE SETS



		REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
1	RUSSIAN WARMING-UP					
2	WORLDS GREATEST STRETCH					
3	STRENGHT EXERCISE					
	1 DEAD BUG	2x8	3		40s	
	2 HIP BRIDGE + LEG KICK	2x8	3		40s	
	3 BAND ABDOMINAL PRESS	2x8 (langzaam)	39		40s	
	4 HBH BIKE	2x8	3		40s	
	5 SUPERMAN HANDS AND KNEES	2x8	3		40s	

		REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
1	STATIC STRETCHING					
	1HAMSTRING STRETCH 1	2x20 s				
	2 QUADRICEP STRETCH	2x 20s				
	3 HAMSTRING STRETCH 2	2x 20s				
	4 GLUTE STRETCH 1	2x 20s				
	5 GROIN STRETCH	1x 20s				
	6 ILIAPSOAS STRETCH	2x 20s				
	7 GLUTE STRETCH 2	2x 20s				
	HOLLOW BACK ON HANDS AND KNEES	1x 20s				
	ROUNDED BACK ON HANDS AND KNEES	1x 10s				
	"KWISPELEN" ON HANDS AND KNEES	1x 20s				

## **STRENGTH EXERCISE**

**Training 1 + 0 set + 0 reps**

**Training 2 + 0 set + 1 reps**

**Training 3 + 0 set + 2 reps**

**Training 4 + 0 set + 3 reps**

**Training 5 + 1 set + 0 reps**

**Training 6 + 1 set + 1 reps**

**Training 7 + 1 set + 2 reps**

**Training 8 + 1 set + 3 reps**