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| KIND OFF WORKOUT | SINGLE SET FULLBODY GYM WORKOUT 1 |
| PERIODEN | |
| GOAL WORKOUT | HYPERTROFIE |
| FULLBODY/SPLIT | FULLBODY |
| WORKOUT METHOD | SINGLE SET |



| | LOWEROBODY | REPS: | SETS: | WHEIGHT: | PAUSE: | TEMPO: |
|---|---------------------------|------------------|-------|----------|--------|---------|
| | WARMING-UP | | | | | |
| | CONDITIONING | | | | | |
| | STRENGHT | | | | | |
| 1 | BARBELL RDL | 8 | 3 | | 50s | 3-1-2-2 |
| 2 | DUMBELL LUNGES BACKWARDS | 2x6 | 3 | | 50s | 1-1-1-1 |
| 3 | DUMBELL BENCH PRESS | 8 | 3 | | 50s | 3-1-2-1 |
| 4 | CABLE ROW | 8 | 3 | | 50s | 2-1-3-1 |
| 5 | KETTLEBELL OVERHEAD PRESS | 8 | 3 | | 50s | 2-1-3-1 |
| 6 | DIPS BIHIND THE BACK | MUSCLE FAILER -1 | 3 | | 50s | 3-1-2-1 |
| 7 | CRUNCHES | 14 | 3 | | 50s | 2-1-3-1 |

TRAININGS OPBOUW CONDITIONING

| | | |
|------------|-----------------------|-------------|
| TRAINING 1 | ROEIMACHINE | 55 CALORIES |
| TRAINING 2 | CROSSTRAINER / SKIERG | 55 CALORIES |
| TRAINING 3 | LOOPBAND | 55 CALORIES |
| TRAINING 4 | ROEIMACHINE | 60 CALORIES |
| TRAINING 5 | CROSSTRAINER / SKIERG | 60 CALORIES |
| TRAINING 6 | LOOPBAND | 60 CALORIES |
| TRAINING 7 | ROEIMACHINE | 65 CALORIES |
| TRAINING 8 | CROSSTRAINER / SKIERG | 65 CALORIES |

TRAININGS OPBOUW STRENGHT

| | | |
|------------|--------|--------|
| TRAINING 1 | +1 rep | +0sets |
| TRAINING 2 | +2 rep | +0sets |
| TRAINING 3 | +3 rep | +0sets |
| TRAINING 4 | +4 rep | +0set |
| TRAINING 5 | +0 rep | +1sets |
| TRAINING 6 | +1 rep | +1sets |
| TRAINING 7 | +2 rep | +1sets |
| TRAINING 8 | +3 rep | +1sets |