

<b>KIND OFF WORKOUT</b>	SINGLE SET FULLBODY GYM WORKOUT 2
<b>PERIODEN</b>	
<b>GOAL WORKOUT</b>	HYPERTROFIE
<b>FULLBODY/SPLIT</b>	FULLBODY
<b>WORKOUT METHOD</b>	SINGLE SET



	FULLBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP					
	STRENGHT					
1	DUMBELL BOX STEP UPS	2x6	3		50s	3-1-2-1
2	BARBELL HIP THRUSTER	8	3		50s	2-1-2-1
3	LATPULL DOWN WIDE GRIP	8	3		50s	2-1-3-1
4	INCLINE DUMBELL PRES	8	3		50s	3-1-2-1
5	SIDE RAISES	10	3		50s	2-1-3-1
6	BARBELL BICEP CURL	10	3		50s	2-1-3-1
7	CABLE TRICEP EXTENSION	10	3		50s	2-1-3-1
8	HANGING KNEE RAISES	14	3		50s	2-1-3-1
	CONDITIONING					

## TRAININGS OPBOUW CONDITIONING

### ALTIJD 1 MINUUT WARMING-UP

TRAINING 1 LOOPBAND	7x	30 sec running	30 seconds walking
TRAINING 2 LOOPBAND	7x	40 sec running	20 seconds walking
TRAINING 3 LOOPBAND	8x	40 sec running	20 seconds walking
TRAINING 4 ROEIMACHINE	8x	40 sec running	20 seconds walking
TRAINING 5 ROEIMACHINE	9x	40 sec running	20 seconds walking
TRAINING 6 ROEIMACHINE	9x	40 sec running	20 seconds walking
TRAINING 7 CROSSTRAINER	10x	40 sec running	20 seconds walking
TRAINING 8 CROSSTRAINER	10x	40 sec running	20 seconds walking

## TRAININGS OPBOUW STRENGTH

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