

<b>KIND OFF WORKOUT</b>	SINGLE SET FULLBODY GYM WORKOUT 3
<b>PERIODEN</b>	
<b>GOAL WORKOUT</b>	HYPERTROFIE
<b>FULLBODY/SPLIT</b>	FULLBODY
<b>WORKOUT METHOD</b>	SINGLE SETS



	LOWEROBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP					
	CONDITIONING					
1	BARBELL BACK SQUATS	8			50s	3-1-2-1
2	DUMBBELL RDL	8			50s	3-1-2-1
3	BARBELL OVERHEAD PRESS	8			50s	2-1-3-1
4	CABLE LATPULL DOWN SMALL GRIP	8			50s	2-1-3-1
5	DIPPING	Muscle failer			50s	3-1-2-1
6	DUMBBELL CHEST FLY	10			50s	3-1-2-1
7	DUMBBELL BICEP CURLS ALTERNATING	10			50s	2-1-2-1

#### TRAININGS OPBOUW CONDITIONING

TRAINING 1	ROEIMACHINE	60 CALORIES
TRAINING 2	CROSSTRAINER / SKIERG	60 CALORIES
TRAINING 3	LOOPBAND	60 CALORIES
TRAINING 4	ROEIMACHINE	65 CALORIES
TRAINING 5	CROSSTRAINER / SKIERG	65 CALORIES
TRAINING 6	LOOPBAND	65 CALORIES
TRAINING 7	ROEIMACHINE	70 CALORIES
TRAINING 8	CROSSTRAINER / SKIERG	70 CALORIES

#### TRAININGS OPBOUW STRENGTH

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