

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



	LOWEROBODY	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
	WARMING-UP					
	CONDITIONING					
1	DUMBELL BULGARIAN SPLIT SQUATS	2x8	3		30s	3-1-2-1
2	SINGLE LEG DEADLIFT	2x8	3		30s	2-1-3-1
3	DUMBELL SINGLE ARM CHEST PRESS	2x8	3		30s	3-1-2-1
4	DUMBELL SINGLE ARM ROW	2x8	3		30s	2-2-2-1
5	CABLE SINGLE ARM LATTPULL DOWN	2x8	3		30s	2-1-3-1
6	KETLEBELL SINGLE ARM OVERHEAD PRESS	2x8	3		30s	2-2-2-1
7	CABLE SINGLE ARM TRICEP EXTENSION	2x10	3		30s	2-1-3-1
8	DUMBELL BICEP CONCENTRATION CURL	2x10	3		30s	2-1-3-1

TRAININGS OPBOUW CONDITIONING

TRAINING 1	BIKE / RUNNING	10/10	80 CALORIES
TRAINING 2	RUNNING / SKIERG	20/20	80 CALORIES
TRAINING 3	SKIERG / BIKE	30/30	80 CALORIES
TRAINING 4	BIKE / SKIERG	15/15	90 CALORIES
TRAINING 5	RUNNING	90	90 CALORIES
TRAINING 6	SKIERG	90	90 CALORIES
TRAINING 7	BIKE / SKIERG	50/50	100 CALORIES
TRAINING 8	RUNNING / BIKE	50/50	100 CALORIES

TRAININGS OPBOUW STRENGHT

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

