

<b>KIND OFF WORKOUT</b>	WRIST 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 & DYNAMISCH WARMING-UP					
2	STATIC STRETCHING					
	1. PALMAIR FLEXI 1	20s				
	2. PALMAIR FLEXI 2	2x 20s				
	3. PALMAIR FLEXI 3	20s				
	4. DORSAAL FLEXI 1	20s				
	5. DORSAAL FLEXI 2	2x 20s				
	6. DORSAAL FLEXI 3	20s				
	7. ABDUCTIE	20s				
	8. ADDUCTIE	20s				

		REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
3	STRENGHT					
	1 DUMBELL WRIST CURL	10	3	1tot4kg	50s	2-1-3-1
	2 DUMBELL REVERSE WRIST CURL	10	3	1tot4kg	50s	2-1-3-1
	3 TOUWTJE OPROLLEN	3	3	2.5tot 10kg	50s	NOT FAST
	4 TOWEL SQUEEZE / BALL SQUEEZE / GRIP SQUEEZE	10	3	n.v.t	50s	2-3-2-1
	5 DUMBELL WRIST ABDUCTIE ADDUCTIE	10	3	1kg	50s	2-2-2-2

## **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**