

1.**WARMING-UP**

PVC WARMING-UP (ZIE WEBSITE)
FITGAME NAAR KEUZE

2.**SINGLE SIDE SINGLE SET**

	SINGLE SIDE SINGLE SET	REPS	SETS	WHEIGHT	TEMPO	REST
1	BARBELL BULGARIAN SPLIT SQUATS	7	3		2-1-2-1	30s
2	SL LEG EXTENSIONS	8	3		3-1-2-1	30s
3	SA DUMBBELL BENCH PRESS	8	3		3-1-2-1	30s
4	SA DUMBBELL OVERHEAD PRESS	8	3		2-2-2-1	30s
5	SA DUMBBELL TRICEP EXTENSION LYING	8	3		3-2-1-2	30s

3.**STRETCHING**

STATIC STRETCHING

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2	SINGLE LEG HAMSTRING CURL	9	3		2-2-2-1	30s
3	SA DUMBELL ROW SINGLE ARM	9	3		2-2-3-1	30s
4	SA DUMBELL REVERSE FLY	11	3		2-2-3-1	30s
5	SA DUMBELL CONCENTRATION BICEP CURL	11	3		2-2-3-1	30s

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