

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	DUMBELL LUNGES FORWARDS	3	6		2-1-2-1	30s
2	BARBELL BULGARIAN SPLIT SQUATS	3	6		3-1-2-1	30s
3	SA DUMBELL BENCH PRESS	3	8		3-1-2-1	30s
4	SA DUMBELL OVERHEAD PRESS	3	8		2-2-2-1	30s
5	SA DUMBELL TRICEP EXTENSION LYING	3	10		3-2-1-2	30s

3.**STRETCHING**

STATIC STRETCHING

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2.**SINGLE SIDE SINGLE SET**

	SINGLE SIDE SINGLE SETS	REPS	SETS	WHEIGHT	TEMPO	REST
1	BARBELL SINGLE LEG DEADLIFT	8	3		3-1-2-3	30s
2	SUPERMAN	2x9	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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1	DUMBELL LUNGES FORWARDS	7	3		2-1-2-1	30s
2	BARBELL BULGARIAN SPLIT SQUATS	7	3		3-1-2-1	30s
3	SA DUMBELL BENCH PRESS	9	3		3-1-2-1	30s
4	SA DUMBELL OVERHEAD PRESS	9	3		2-2-2-1	30s
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3	SA DUMBELL ROW SINGLE ARM	10	3		2-2-3-1	30s
4	SA DUMBELL REVERSE FLY	12	3		2-2-3-1	30s
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	SINGLE SIDE SINGLE SETS	REPS	SETS	WHEIGHT	TEMPO	REST
1	BARBELL SINGLE LEG DEADLIFT	7	4		3-1-2-3	30s
2	SUPERMAN	8	4		2-2-2-1	30s
3	SA DUMBELL ROW SINGLE ARM	8	4		2-2-3-1	30s
4	SA DUMBELL REVERSE FLY	10	4		2-2-3-1	30s
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2	BARBELL BULGARIAN SPLIT SQUATS	6	4		3-1-2-1	30s
3	SA DUMBELL BENCH PRESS	8	4		3-1-2-1	30s
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