

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>FRONTSQUATS DUMBELL DUMBELL CHEST PRESS DIPPING BIHIND THE BACK (STOEL)</b>	<b>30s 30s 30s</b>	<b>3</b>		<b>3-1-2-1 3-1-2-1 3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL LUNGES BACKWARDS BARELL OH PRESS PLATE SIDE RAISES</b>	<b>30s 30s 30s</b>	<b>3</b>		<b>2-2-2-1 2-2-2-1 2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>WALLSIT BARBELL BICEP CURL DUMBELL TRICEP EXTENSION</b>	<b>30s 30s 30s</b>	<b>3</b>		<b>n.v.t. 2-1-3-1 3-1-2-1</b>	<b>60s</b>

**3.****CONDITIONING****2x100 ROPE JUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL RDL</b> <b>BARBELL BICEP CURL</b> <b>HBH BIKE</b>	<b>30s</b> <b>30s</b> <b>30s</b>	<b>3</b>		<b>3-1-2-1</b> <b>2-1-3-1</b> <b>2-2-2-1</b>	<b>60s</b>
<b>2</b>	<b>HIP THRUSTER</b> <b>BARBELL BENT OVER ROW</b> <b>NINJA</b>	<b>30s</b> <b>30s</b> <b>30s</b>	<b>3</b>		<b>2-2-2-1</b> <b>2-2-2-2</b> <b>2-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BAND REVERSE FLY</b> <b>DUMBELL BICEP CURL</b> <b>PLANKING</b>	<b>30s</b> <b>30s</b> <b>30s</b>	<b>3</b>		<b>2-2-3-1</b> <b>2-1-3-1</b>	<b>60s</b>

**3.****CONDITIONING****2x110 ROPE JUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>FRONTSQUATS DUMBELL DUMBELL CHEST PRESS DIPPING BIHIND THE BACK (STOEL)</b>	<b>35s 35s 35s</b>	<b>4</b>		<b>3-1-2-1 3-1-2-1 3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL LUNGES BACKWARDS BARELL OH PRESS PLATE SIDE RAISES</b>	<b>35s 35s 35s</b>	<b>4</b>		<b>2-2-2-1 2-2-2-1 2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>WALLSIT BARBELL BICEP CURL DUMBELL TRICEP EXTENSION</b>	<b>35s 35s 35s</b>	<b>4</b>		<b>n.v.t. 2-1-3-1 3-1-2-1</b>	<b>60s</b>

**3.****CONDITIONING****2x120 ROPE JUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL RDL BARBELL BICEP CURL HBH BIKE</b>	<b>35s 35s 35s</b>	<b>4</b>		<b>3-1-2-1 2-1-3-1 2-2-2-1</b>	<b>60s</b>
<b>2</b>	<b>HIP THRUSTER BARBELL BENT OVER ROW NINJA</b>	<b>35s 35s 35s</b>	<b>4</b>		<b>2-2-2-1 2-2-2-2 2-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BAND REVERSE FLY DUMBELL BICEP CURL PLANKING</b>	<b>35s 35s 35s</b>	<b>4</b>		<b>2-2-3-1 2-1-3-1</b>	<b>60s</b>

**3.****CONDITIONING****3x80 ROPEJUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>FRONTSQUATS DUMBELL DUMBELL CHEST PRESS DIPPING BIHIND THE BACK (STOEL)</b>	<b>40s 40s 40s</b>	<b>4</b>		<b>3-1-2-1 3-1-2-1 3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL LUNGES BACKWARDS BARELL OH PRESS PLATE SIDE RAISES</b>	<b>40s 40s 40s</b>	<b>4</b>		<b>2-2-2-1 2-2-2-1 2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>WALLSIT BARBELL BICEP CURL DUMBELL TRICEP EXTENSION</b>	<b>40s 40s 40s</b>	<b>4</b>		<b>n.v.t. 2-1-3-1 3-1-2-1</b>	<b>60s</b>

**3.****CONDITIONING****3x90 ROPEJUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL RDL BARBELL BICEP CURL HBH BIKE</b>	<b>40s 40s 40s</b>	<b>4</b>		<b>3-1-2-1 2-1-3-1 2-2-2-1</b>	<b>60s</b>
<b>2</b>	<b>HIP THRUSTER BARBELL BENT OVER ROW NINJA</b>	<b>40s 40s 40s</b>	<b>4</b>		<b>2-2-2-1 2-2-2-2 2-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BAND REVERSE FLY DUMBELL BICEP CURL PLANKING</b>	<b>40s 40s 40s</b>	<b>4</b>		<b>2-2-3-1 2-1-3-1</b>	<b>60s</b>

**3.****CONDITIONING****3x100 ROPEJUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>FRONTSQUATS DUMBELL DUMBELL CHEST PRESS DIPPING BIHIND THE BACK (STOEL)</b>	<b>45s 45s 45s</b>	<b>4</b>		<b>3-1-2-1 3-1-2-1 3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL LUNGES BACKWARDS BARELL OH PRESS PLATE SIDE RAISES</b>	<b>45s 45s 45s</b>	<b>4</b>		<b>2-2-2-1 2-2-2-1 2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>WALLSIT BARBELL BICEP CURL DUMBELL TRICEP EXTENSION</b>	<b>45s 45s 45s</b>	<b>4</b>		<b>n.v.t. 2-1-3-1 3-1-2-1</b>	<b>60s</b>

**3.****CONDITIONING****4x90 ROPEJUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL RDL BARBELL BICEP CURL HBH BIKE</b>	<b>45s 45s 45s</b>	<b>4</b>		<b>3-1-2-1 2-1-3-1 2-2-2-1</b>	<b>60s</b>
<b>2</b>	<b>HIP THRUSTER BARBELL BENT OVER ROW NINJA</b>	<b>45s 45s 45s</b>	<b>4</b>		<b>2-2-2-1 2-2-2-2 2-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BAND REVERSE FLY DUMBELL BICEP CURL PLANKING</b>	<b>45s 45s 45s</b>	<b>4</b>		<b>2-2-3-1 2-1-3-1</b>	<b>60s</b>

**3.****CONDITIONING****4x100 ROPEJUMPS**



**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>FRONTSQUATS DUMBELL DUMBELL CHEST PRESS DIPPING BIHIND THE BACK (STOEL)</b>	<b>25s 25s 25s</b>	<b>5</b>		<b>3-1-2-1 3-1-2-1 3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL LUNGES BACKWARDS BARELL OH PRESS PLATE SIDE RAISES</b>	<b>25s 25s 25s</b>	<b>5</b>		<b>2-2-2-1 2-2-2-1 2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>WALLSIT BARBELL BICEP CURL DUMBELL TRICEP EXTENSION</b>	<b>25s 25s 25s</b>	<b>5</b>		<b>n.v.t. 2-1-3-1 3-1-2-1</b>	<b>60s</b>

**3.****CONDITIONING****250 ROPEJUMPS**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS TRISET ON TIME**

	<b>TRISSETS</b>	<b>SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL RDL BARBELL BICEP CURL HBH BIKE</b>	<b>30s 30s 30s</b>	<b>5</b>		<b>3-1-2-1 2-1-3-1 2-2-2-1</b>	<b>60s</b>
<b>2</b>	<b>HIP THRUSTER BARBELL BENT OVER ROW NINJA</b>	<b>30s 30s 30s</b>	<b>5</b>		<b>2-2-2-1 2-2-2-2 2-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BAND REVERSE FLY DUMBELL BICEP CURL PLANKING</b>	<b>30s 30s 30s</b>	<b>5</b>		<b>2-2-3-1 2-1-3-1</b>	<b>60s</b>

**3.****CONDITIONING****300 ROPE JUMPS**

