

Trainingschema

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Naam:

Trainer:	Nick
Schema:	2020106
Dagen:	3
Weken:	6
Start:	
Einde:	

Fullbody

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Squad	3x10		60 sec	
Lunches	3x10		60 sec	
Glute kickback	3x12		60 sec	
Lat-pull down	3x15		60 sec	
Low row	3x12		60 sec	
Dumbell press	3x15		60 sec	
Overhead tricep extention	3x10		60 sec	
Crunches Superset 1	3x15		60 sec	
Climbers Superset 1	3x20		60 sec	
Lying side leg lift Superset 1	3x10		60 sec	
Planken Superset 1	3x1 min		60 sec	