

Trainingschema

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Naam:

Trainer: Growth Nutrition
Schema: Home Workout
Dagen: 1 tot 4
Weken:
Start:
Einde:

Full body

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Squad	3x20		60 sec	
Burpees	3x15		60 sec	
Push ups	3x15		60 sec	
Incline push ups	3x20		60 sec	
Pull ups	4x12		60 sec	
Australian pull ups	3x15		60 sec	
Mountain push up	4x15-12-10-8		60 sec	
Dips	4x12		60 sec	
Hanging leg raises	3x10		60 sec	
Plank	3x1 min		60 sec	