

# Trainingsplan Full body elastiek workout - 1

Doel	Fit worden
Startdatum	Tijd 5
Einddatum	
Aanwijzingen	



Oefeningen	Datum	/	/	/	/
<b>1. Burpee jump up</b> <span style="float: right;">Buik - Rechte buikspieren, Quadriceps</span>					
	Set 1	10 x			
	Set 2	8 x			
	Set 3	6 x			
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>2. Air squat</b> <span style="float: right;">Quadriceps</span>					
	Set 1	10 x			
	Set 2	10 x			
	Set 3	10 x			
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>3. Board to mountain - EB</b> <span style="float: right;">Buik - Rechte buikspieren</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>4. Side bend, left - EB</b> <span style="float: right;">Schuine buikspieren</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>5. Side bend, right - EB</b> <span style="float: right;">Schuine buikspieren</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>6. Overhead squat - EB</b> <span style="float: right;">Quadriceps, Bilsieren</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>7. Rowing - EB</b> <span style="float: right;">Bovenrug</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				


Oefeningen	Datum	/	/	/	/
<b>8. Triceps extension - EB</b> <span style="float: right;">Triceps</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>9. Biceps curl - EB</b> <span style="float: right;">Biceps</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
<b>10. Lateral raise - EB</b> <span style="float: right;">Schouders</span>					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

## 11. Vrij boksen

Schuine buikspieren, Borst

	Set 1	30 s			
	Set 2	30 s			
	Set 3	30 s			
	Set 4				
	Set 5				
	Notitie				