

@Home - Elastic band 13 - 1

Doel	Fit worden
Startdatum	Tijd 1
Einddatum	
Aanwijzingen	Workout you can do at home with elastic bands



Oefeningen	Datum	/	/	/	/
1. Vrij boksen Schuine buikspieren, Borst					
	Set 1	30 s			
	Set 2	30 s			
	Set 3	30 s			
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
2. Side bend, left - EB Schuine buikspieren					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
3. Side bend, right - EB Schuine buikspieren					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
4. Pull through - EB Bilspieren, Onderrug					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
5. Air squat - EB Quadriceps					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				


Oefeningen	Datum	/	/	/	/
6. Overhead split squat, right - EB Quadriceps, Bilspieren					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				


Oefeningen	Datum	/	/	/	/
7. Overhead split squat, left - EB Quadriceps, Bilspieren					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
8. Row wide - EB Bovenrug					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
9. Resisted push-up - EB Borst					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

Oefeningen	Datum	/	/	/	/
10. Triceps extension - EB Triceps					
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

11. Calf raise - EB		Kuiten			
	Set 1	12 x	kg		
	Set 2	10 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

12. Cooling down, duur		Hele lichaam			
	Duur	00:05:00			
	Afstand	0			
	Snelheid	0			
	Kcal				
	Notitie				