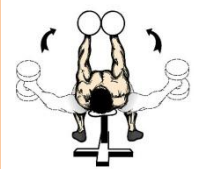
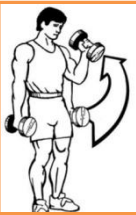
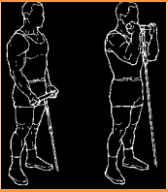
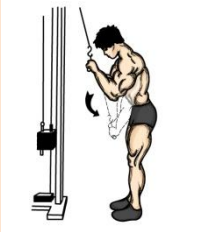
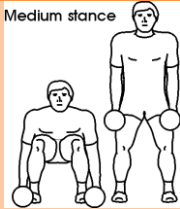
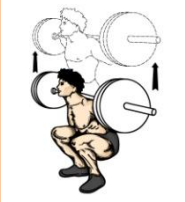
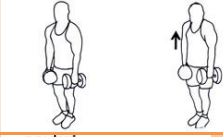
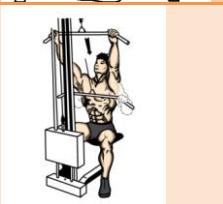
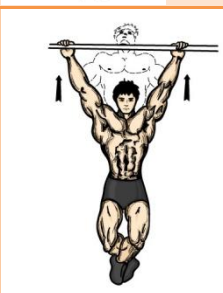
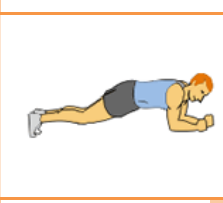
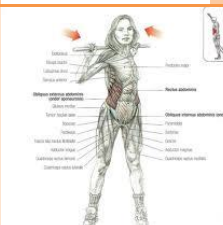
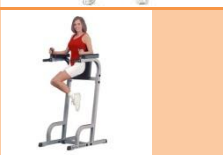
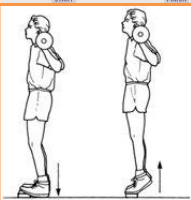
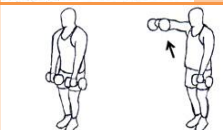
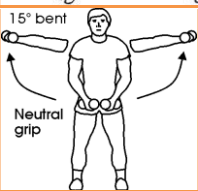
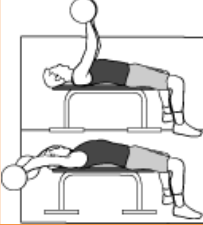
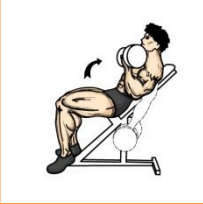
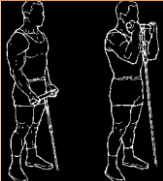


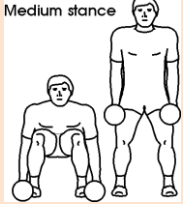
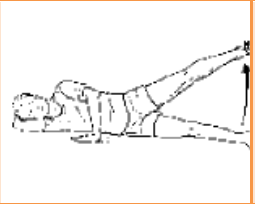
Spiergroep Dag 1	Oefening	Voorbeeld oefening/omschrijving	Series/sets	Aantal herhalingen	Gewicht/intensiviteit
Warming up	Langlauf apparaat	<i>Optioneel:</i> boksen 5 minuten			10 minuten
Borst	Incline bench press		4	10,8,6,6	
	Decline flye		4	10,8,6,6	
	Dumbell pullover		4	10,8,6,6	
	Bench Press		4	10,8,6,6	
	Optioneel: Parallel-Bar Dip (inruilen voor een andere oefening)				
Biceps	Alternate standing curl		4	10,8,6,6	
	Staande barbell curls		4	10,8,6,6	
	Standing cable curls		4	10,8,6,6	

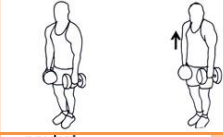
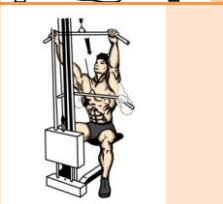
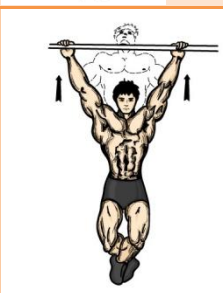
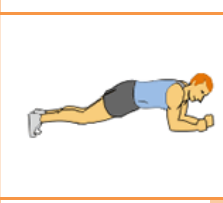
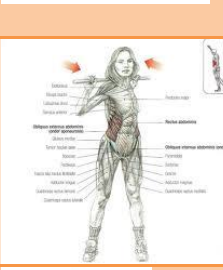
Triceps	Pressdown		4	10,8,6,6	
	Dippen tussen 2 bankjes		4	10,8,6,6	
	Seated extensions		4	10,8,6,6	
Benen	Leg Dumbbell squat		4	10,8,6,6	
	Leg extension		4	10,8,6,6	
	Flat-footed squats		4	10,8,6,6	
Cooling Down	Opties: Step apparaat Langlaufen Boksen				Duur: 5 minuten 10 minuten 5 minuten

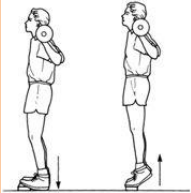
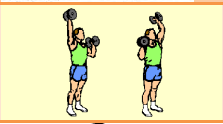
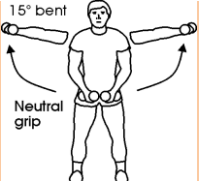
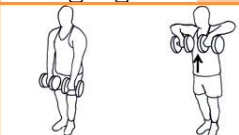
Spiergroep Dag 2	Oefening	Voorbeeld oefening/omschrijving	Series/sets	Aantal herhalingen	Gewicht/intensiviteit
Warming up	Langlauf apparaat	<i>Optioneel:</i> boksen 5 minuten			10 minuten
Rug	Shoulder shrugs		4	10,8,6,6	
	Singel arm row		4	Links 10,8 Rechts 10,8	
	Latt pull down front		4	10,8,6,6	
	Wide grip chin up		4	10,8,6,6	
Buik	Plank		2	35 seconden	
	Decline crunch		3	Zo veel mogelijk	
	Twist met stok		3	50,50,50	
	Optioneel: Knee raise		3	Zo veel mogelijk	

Kuiten	Dumbbell single-leg raises		4	10,8,6,6	
	Standing calf raises		4	10,8,6,6	
Shouders	front raise		4	10,8,6,6	
	lateral raise		4	10,8,6,6	
Cooling Down	Opties: Step apparaat Langlaufe n Boksen				Duur: 5 minuten 10 minuten 5 minuten

Spiergroep Dag 3	Oefening	Voorbeeld oefening/omschrijving	Series/sets	Aantal herhalingen	Gewicht/intensiviteit
Warming up	Langlauf apparaat	<i>Optioneel:</i> boksen 5 minuten			10 minuten
Borst	Incline bench press		4	10,8,6,6	
	Decline flye		4	10,8,6,6	
	Barbell pullover		4	10,8,6,6	
	Close-grip Bench Press		4	10,8,6,6	
	Optioneel: Parallel-Bar Dip (inruilen voor een andere oefening)				
Biceps	incline dumbbell curl		4	10,8,6,6	
	Twist curls	 	4	10,8,6,6	
	Standing cable curls		4	10,8,6,6	

Triceps	Pressdown		4	10,8,6,6	
	zittende triceps extens		4	10,8,6,6	
Benen	Leg Dumbbell squat		4	10,8,6,6	
	Leg extension		4	10,8,6,6	
	Side leg raises		4	15,12,10,10	
Cooling Down	Opties: Step apparaat Langlaufen Boksen				Duur: 5 minuten 10 minuten 5 minuten

Spiergroep Dag 4	Oefening	Voorbeeld oefening/omschrijving	Series/sets	Aantal herhalingen	Gewicht/intensiviteit
Warming up	Langlauf apparaat	<i>Optioneel:</i> boksen 5 minuten			10 minuten
Rug	Shoulder shrugs		4	10,8,6,6	
	Singel arm row		4	Links 10,8 Rechts 10,8	
	Latt pull down front		4	10,8,6,6	
	Wide grip chin up		4	10,8,6,6	
Buik	Plank		2	35 seconden	
	Twisted Decline crunch (draai links en rechts)		3	Zo veel mogelijk	
	Twist met stok		3	50,50,50	
	Optioneel: Knee raise		3	Zo veel mogelijk	

Kuiten	Dumbbell single-leg raises		4	10,8,6,6	
	Barbell double leg raises		4	10,8,6,6	
Shouders	Palm in presses		4	10,8,6,6	
	lateral raise		4	10,8,6,6	
	Dumbbell upright rows				
Cooling Down	Opties: Step apparaat Langlaufe n Boksen				Duur: 5 minuten 10 minuten 5 minuten