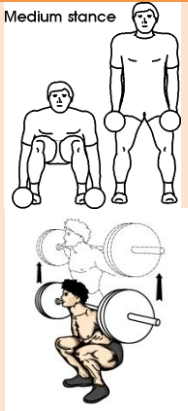
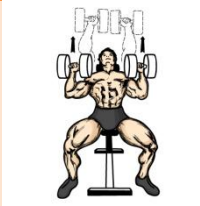
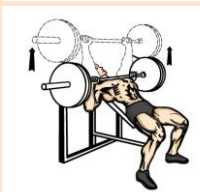
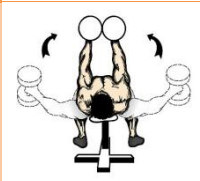
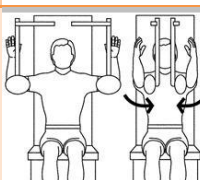
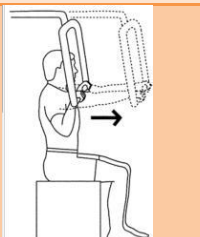
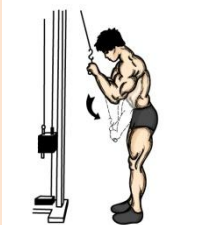
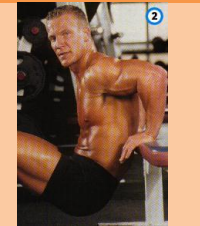
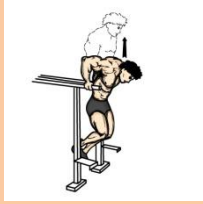
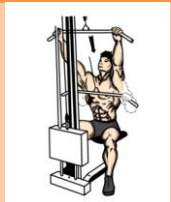
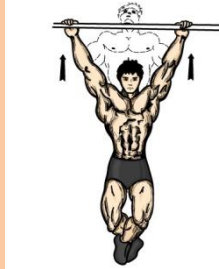
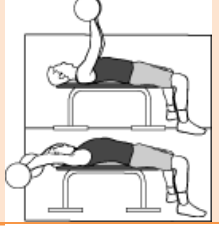


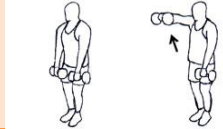
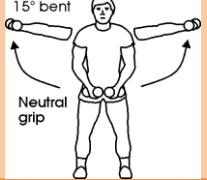
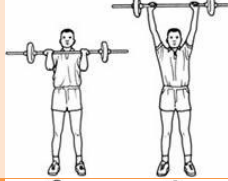
Spiergroep Maandag	Oefening	Voorbeeld oefening/omschrijving	Series/sets	Aantal herhalingen	Gewicht/intensiviteit
Warming up	Langlauf apparaat	<i>Optioneel:</i> boksen 5 minuten			10 minuten
Benen	Leg Dumbbell squat Of flat floated squats (Hamstring)	Medium stance 	4	10,8,6,6	
	Leg extension		4	10,8,6,6	
	Side leg raises		4	15,12,10,10	
Kuiten	Dumbbell single-leg raises		4	10,8,6,6	
	Seated barbell raises		4	10,8,6,6	

Spiergroep Dinsdag	Oefening	Voorbeeld oefening/omschr ijving	Series/sets	Aantal herhaling en	Gewicht/intensi viteit
Warming up	Langlauf apparaat	<i>Optioneel: boksen</i> 5 minuten			10 minuten
Borst	Incline bench press	 of 	4	10,8,6,6	
	Decline flye		4	10,8,6,6	
	Peck Deck		4	10,8,6,6	
	Chest Press				
Triceps	Pressdow n		4	10,8,6,6	
	Dippen tussen 2 bankjes bankjes		4	10,8,6,6	
	Seated extensions		4	10,8,6,6	

	Optioneel (Inruilen voor bankjes dips)Paral lel-Bar Dip				
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Spiergroep Donderdag	Oefening	Voorbeeld oefening/omschr ijving	Series/sets	Aantal herhaling en	Gewicht/intensi viteit
Warming up	Langlauf apparaat	<i>Optioneel: boksen</i> 5 minuten			10 minuten
Rug					
	Latt pull down front		4	10,8,6,6	
	Singel arm row		4	Links 10,8 Rechts 10,8	
	Wide grip chin up		4	10,8,6,6	
	Barbell pullover/ dumbbell pullover		4	10,8,6,6	
Biceps	incline dumbbell curl		4	10,8,6,6	

	Barbell curl		4	10,8,6,6	
	Biceps hammer curl		4	10,8,6,6	
Cooling Down	Opties: Step apparaat Langlaufen				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: boksen</i> 5 minuten			10 minuten
Schouders	front raise		4	10,8,6,6	
	lateral raise		4	10,8,6,6	
	Standing military presses		4	10,8,6,6	
	Upright rows		4	10,8,6,6	
	Shoulder shrugs		4	10,8,6,6	
Cardio	Diversen				

