



Thuis train schema week 1 t/m 4

<i>Dag 1 Bovenlichaam + buikspieren</i>	Sets	Herhalingen	Rust
Push up	3	10-15	60 seconden
Chin up	3	10-15	
Tricep dip	3	10-15	
Inverted table row	3	10-15	
Scapular Shrug	3	10-15	
Plank	3	45 seconden	
<i>Dag 2 Onderlichaam</i>			
Glute bridge	3	10-15	60 seconden
Air squat	3	15-20	
Donkey kick	3	15-20 per been	
Lunges	3	10-15 per been	
Single leg calf raise	3	15-20 per been	
<i>Dag 3 Bovenlichaam + buikspieren</i>			
Wide pushup	3	10-15	60 seconden
Towel row	3	15-20	
Chest chair dip	3	10-15	
Inverted table row	3	10-15	
Push back	3	10-15	
Crunches	3	25-30	
<i>Dag 4 Onderlichaam</i>			
Sumo squat	3	15-20	60 seconden
Hip thrust	3	15-20	
Bulgarian Split squat	3	15-20 per been	
Russian leg curl	3	10-15	
Single leg calf raises	3	15-20 per been	