



## **Basis schema mannen**

### **Warming up**

Crosstraining – 10 min – level 5

### **Workout**

Seated chest press                      3 sets 12 herhalingen

Lat pull down                              3 sets 12 herhalingen

Seated leg press                          3 sets 12 herhalingen

Shoulder press                            3 sets 12 herhalingen

Total abdominal                        3 sets 12 herhalingen

Lower back                                3 sets 12 herhalingen

### **Cooling down**

Fiets – 10 min – level 5

