



Bodyweight schema

Warming up

Loopband – 10 min – level 5

Workout

Squats 3 sets 10 herhalingen

Lunges 3 sets 10 herhalingen

Hip thrust 3 sets 10 herhalingen

Pull ups 3 sets 10 herhalingen

Push ups 3 sets 10 herhalingen

Dips 3 sets 10 herhalingen

Plank/Hover 3 sets 10 herhalingen

Hyperextension 3 sets 10 herhalingen

Cooling down

Crosstraining – 10 min – level 3

