



Bodyweight schema

Warming up

Roeien – 10 min – level 5

Workout

Squats 3 sets 10 herhalingen

Lunges 3 sets 10 herhalingen

Hip thrust 3 sets 10 herhalingen

Lat. Pulldown 3 sets 10 herhalingen

Bench press 3 sets 10 herhalingen

Dips 3 sets 10 herhalingen

Plank/Hover 3 sets 10 herhalingen

Deadlift 3 sets 10 herhalingen

Cooling down

Loopband – 10 min – level 3

