



## In shape blijven schema mannen

### Warming up

Roeien – 2000 meter – level 3

### Workout

Waking lunges                      3 sets 12 herhalingen

Leg extension                      3 sets 12 herhalingen

Biceps curl                      3 sets 12 herhalingen

Triceps pushdown                      3 sets 12 herhalingen

Cable fly's                      3 sets 12 herhalingen

Russian twist                      3 sets 12 herhalingen

Lower back                      3 sets 12 herhalingen

### Cooling down

Loopband – 10 min – level 5

