

# FITNESSNL

## Fullbody heren

FitnessNL

Oefening	Set 1	Set 2	Set 3	Set 4
Chest press	20 x	15 x	12 x	10 x
Pectoral	20 x	15 x	12 x	10 x
Virtual traction	20 x	15 x	12 x	10 x
Pulley	20 x	15 x	12 x	10 x
Leg press	15 x	15 x	15 x	15 x
Leg curl	20 x	15 x	12 x	12 x
Abdominal	25 x	25 x	25 x	25 x
Shoulder press	15 x	12 x	10 x	8 x

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