

# FITNESSNL

## synergy level 1

FitnessNL

Oefening	Set 1	Set 2	Set 3	Set 4
TRX squat	15 x	15x	15x	15x
Planken	30sec	30sec	30sec	30sec
Bicep cable	10 x	10 x	10 x	10 x
T bar row	15 x	15 x	15 x	15 x
Battle rope	30sec	30sec	30sec	30sec
Cable fly	15 x	15 x	15 x	15 x
Tricep rope	10 x	10 x	10 x	10 x
Upright row	15 x	15 x	15 x	15 x

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