

FITNESSNL

TRX workout

FitnessNL

Oefening	Set 1	Set 2	Set 3	Set 4
TRX row	20 x	18 x	15 x	12 x
TRX squat	20 x	18 x	15 x	12 x
TRX bicep	15 x	15 x	15 x	
TRX knie in	15 x	15 x	10 x	10 x
TRX opdrukken	20 x	18 x	15 c	12 x
TRX tricep	15 x	15 x	15 x	
TRX lunge	12 x	12 x	12 x	12 x
TRX pike	20 x	15 x	10 x	

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