



Basis schema vrouwen

Warming up

Fiets – 10 min – level 5

Workout

Seated leg press 3 sets 15 herhalingen

Adductor 3 sets 15 herhalingen

Abductor 3 sets 15 herhalingen

Low row 3 sets 15 herhalingen

Total abdominal 3 sets 15 herhalingen

Lower back 3 sets 15 herhalingen

Cooling down

loopband – 10 min – level 5

