

# THUISTRAINING

KRACHTTRAINING | DAG 1

MANNEN | GEVORDERD

## 01 FULL BODY STRETCH



Verschillende rek oefeningen voor het hele lichaam.

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## 02 TOUWTJESPIRNGEN (OF HARDLOPEN)




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SET	MIN	%
1	3	60-70

## 03 PRISONER SQUAT / BENEN & BILLEN




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SET	REPS	RUST
1	12	30 sec
2	12	
3	12	

## 04 SQUAT SPRONGEN / BENEN & BILLEN




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SET	REPS	RUST
1	20	45
2	20	sec

## 05 PUSH-UP / BORST & TRICEPS



Eventueel vanaf knieën.




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SET	REPS	RUST
1	15	60 sec
2	15	
3	15	

## 06 TABLE PULL UP / RUG & BICEPS




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SET	REPS	RUST
1	8	45 sec
2	8	
3	8	

## 07 MOUNTAIN PUSH-UP / SCHOUDERS & TRICEPS




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SET	REPS	RUST
1	10	45 sec
2	10	
3	10	

## 08 DIP OP EEN BANKJE / TRICEPS




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SET	REPS	RUST
1	15	45 sec
2	15	
3	15	

## 09 GLUTE BRIDGE / BILLEN




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SET	REPS	RUST
1	20	45 sec
2	20	
3	20	

## 10 SUPERMAN / ONDERRUG & BILLEN




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SET	REPS	RUST
1	10	30 sec
2	10	
3	8	

## 11 PLANK VASTHOUDEN / CORE




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SET	SEC	RUST
1	30/60	30 sec
2	30/60	

## 12 CRUNCH CROSSED TOE TOUCH / BUIKSPIEREN




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SET	REPS	RUST
1	10	30 sec
2	10	
3	10	

## 13 CRUNCH DIAGONAAL / BUIKSPIEREN




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SET	REPS	RUST
1	20	30 sec
2	20	
3	20	

# THUISTRAINING

CARDIO | DAG 2

**FIT.**

MANNEN | BEGINNER

## 01 HARDLOPEN / CONDITIE



Optioneel een extra interval.  
10x 30 seconden versneller  
met 60 seconden relatieve  
rust.

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SET	MIN	KM/U
1	15	10

SET	SEC	RUST
10x	30 op 85 %	60 sec

SET	MIN	KM/U
3	15	10

# THUISTRAINING

KRACHTTRAINING | DAG 3

MANNEN | GEVORDERD

## 01 FULL BODY STRETCH




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## 02 TOUWTJESPRINGEN (OF HARDLOPEN)




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SET	MIN	%
1	3-5	70%

## 03 SQUAT SPRONGEN / BENEN & BILLEN




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SET	REPS	RUST
1	12	45
2	12	sec

## 04 MOUNTAIN CLIMBER / CORE




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SET	REPS	RUST
1	24	45
2	24	sec

## 05 BULGARIAN SPLIT SQUAT / BENEN & BILLEN



12 per been (afwisselen)

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SET	REPS	RUST
1	12	45 sec
2	12	
3	12	

## 06 PUSH-UP DECLINE / BORST & SCHOUDERS & TRICEPS



Vanaf een bankje

SET	REPS	RUST
1	10-15	60 sec
2	10-15	
3	10-15	

## 07 TABLE PULL UP / RUG & BICEPS



Lichaam recht houden

SET	REPS	RUST
1	8	60 sec
2	8	
3	8	

## 08 MOUNTAIN PUSH-UP / SCHOUDERS & TRICEPS



SET	REPS	RUST
1	8	60 sec
2	8	
3	10	

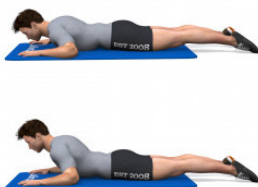
## 09 EXOROTATIE ARM / SCHOUDERS



Links en rechts afwisselen met elastiek

SET	REPS	RUST
1	15	30 sec
2	15	
3	15	

## 10 BACK RAISE HANDS ON GROUND / ONDERRUG



SET	REPS	RUST
1	12	30 sec
2	12	
3	12	

## 11 GLUTE BRIDGE / BILLEN



SET	REPS	RUST
1	25	45 sec
2	25	
3	25	

# 06 CRUNCH TOE TOUCH / BUIKSPIEREN



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SET	REPS	RUST
1	10	30 sec
2	10	
3	10	

# 07 LYING LEG RAISE / BUIKSPIEREN



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SET	REPS	RUST
1	12	30 sec
2	12	
3	12	

# 08 SIDE PLANK ELBOW FOOT REPS / CORE



Beide kanten

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SET	REPS	RUST
1	12	45 sec
2	12	
3	12	