

GARAGE FITNESS ANAX

Naam:

oefeningen datum: / / / /

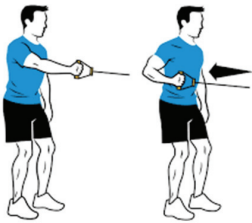


ZUTPHENSE KANO VERENIGING ANAX

1. Warming up: crosstrainer/ fiets/ roeimachine/ rennen/ marcheren op plaats

duur				
afstand				
snelheid				
Kcal				
notities				

2. Armen/romp trekken: Standing cable row



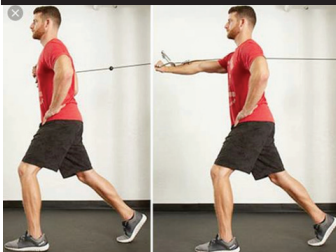
set 1				
set 2				
set 3				
set 4				
notities				

3. Armen/romp trekken: Dumbbell row



set 1				
set 2				
set 3				
set 4				
notities				

4. Armen/romp duwen: Standing cable push



set 1				
set 2				
set 3				
set 4				
notities				

5. Armen/romp duwen: Bench press



set 1				
set 2				
set 3				
set 4				
notities				

6. Romp/Buik/core stability: side crunch/ plankvormen/side plank/bridging



set 1				
set 2				
set 3				
set 4				
notities				

7. Benen: Squat



set 1				
set 2				
set 3				
set 4				
notities				

8 Benen: Single leg squat



set 1				
set 2				
set 3				
set 4				
notities				