**Sportschool**

**Naam:**

Trainingsschema juni 2015 sportschool +/- 1.5 uur

1. Warming up: 15 minuten crosstrainer niveau 6
2. Leg press 3x 25x 30 kilo
3. Bicep curls 3x 25x 15 kilo
4. Rotario Torso 4x 25x 30 kilo
5. Leg extension 3x 20x 20 kilo
6. Leg curl 3x 25x 25 kilo
7. Tricep machine 3x 25x 15 kilo
8. Abdominal Crunch 4x 25x 25 kilo
9. Benen buitenkant 4x 25x 40 kilo
10. Benen binnenkant 4x25x 40 kilo
11. Fietsen 15 minuten
12. Cooling down: Uitlopen op loopband

Voortgang:

|  |  |  |  |
| --- | --- | --- | --- |
| datum | Oefening nummer | Aantal keer | Aantal kilo’s |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |