

FitPlanet.

FITNESS SCHEMA

FULLBODY HEREN

OEFENING	SET 1	SET 2	SET 3	SET 4
CHEST PRESS	20x	15x	12x	10x
PECTORAL	20x	15x	12x	10x
VIRTUAL TRACTION	20x	15x	12x	10x
PULLEY	20x	15x	12x	10x
LEG PRESS	15x	15x	15x	15x
LEG CURL	20x	15x	12x	12x
ABDOMINAL	25x	25x	25x	25x
SHOULDER PRESS	15x	12x	10x	8x

HET BEGIN IS ER, ZET HEM OP!

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