





Trainingsplan		Billen workout - 1	
Doel	Power - kracht & spierdefinitie		
Startdatum	Tijd 1	Einddatum	
Aanwijzingen			


START 2 STAY FIT


Oefeningen	Datum	/	/	/	/
<b>1. Hip bridge</b> <span style="float: right;">Bilspieren</span>					
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
<b>2. Lunge, alternated</b> <span style="float: right;">Bovenbeenspier, Bilspieren</span>					
	Set 1	16 x			
	Set 2	16 x			
	Set 3	16 x			
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
<b>3. Abduction been liggend, rechts</b> <span style="float: right;">Abductor</span>					
	Set 1	20 x			
	Set 2	20 x			
	Set 3	20 x			
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
<b>4. Bird dog cross, alternated</b> <span style="float: right;">Buik, Rug</span>					
	Set 1	16 x			
	Set 2	16 x			
	Set 3	16 x			
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
<b>5. Air squat</b> <span style="float: right;">Bovenbeenspier, Bilspieren</span>					
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
<b>6. One leg deadlift two hands, left - KB</b> <span style="float: right;">Onderrug, Bovenbeenspier, Bilspieren</span>					
	Set 1	15 x	kg		
	Set 2	15 x	kg		
	Set 3	15 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
<b>7. Split squat, right</b> <span style="float: right;">Bovenbeenspier, Bilspieren</span>					
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
Notitie					

Oefeningen	Datum	/	/	/	/
<b>8. Step up, left - Box</b> <span style="float: right;">Bovenbeenspier, Bilspieren</span>					
	Set 1	15 x	kg		
	Set 2	15 x	kg		
	Set 3	15 x	kg		
	Set 4				
	Set 5				
Notitie					

Oefeningen	Datum	/	/	/	/
<b>9. Hamstring curl HK-stand, rechts</b> <span style="float: right;">Hamstrings</span>					
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
Notitie					

Oefeningen	Datum	/	/	/	/
<b>10. Hip bridge been extensie liggend, rechts</b> <span style="float: right;">Bilspieren</span>					
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
Notitie					

11. Lateral lunge, left		Bovenbeenspier, Bilspieren			
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
	Notitie				

12. Side plank elbow knee star reps, links		Schuine buikspieren			
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
	Notitie				