Training	Plan	Resistance	bands	Beginne	er 3 dag	gen			
Goal	Home workout	ts							
Start date		Time 4		End date					
Instructions	1						F		
									al)
,//		this sign and wit anation in case of			long togetl	ner as a Su	perset or C	ircuit. Ask	your
Coacii	ior further expla	diation in case of	any questi	0115.					
Day 1		Date	/	/	/	/	/	/	/
Drop squat -	MRB							Qua	ads, Glutes
		Set 1	20 x						
		Set 2	20 x						
	(1)	Set 3	20 x						
Bi di		Note							
808									
Lunge jumps	;						Quads	- Glutes, I	Hamstrings
		Set 1	30 s						
1		Set 2	30 s						
•		Set 3	30 s						
	THE CASE	Note							
7									
Hip abduction	n standing, left	- MRB						Abduct	tor - Glutes
		Set 1	12 x						
	9	Set 2	12 x						
Contraction of the Contraction o	101	Set 3	12 x						
		Note							•
()									
1 6									
Hip abduction	n standing, righ	ot - MBB						Abduct	tor - Glutes
Tip abduction	n standing, rigi	Set 1	12 x					Abduct	or - Giutes
		Set 2	12 x						
Comme	Calman	Set 3	12 x						
		Note	12 /	1					l
	V								
1 0									
W W			•						

Push-up wall							Che	st - Triceps
	Set 1	12 x						
	Set 2	12 x						
2	Set 3	12 x						
	Note	Coach not	e: Te makki	eliik? Doe d	lan een nu	sh-un on ie	knieeen o	f tenen?
	Note	Coaciffic	e. Te mann	Siljiki: Doo C	an cen pa	зи ир ор је	, Killiceell o	tenem:
Band face pulls - EB					Back	Shoulders	Upper Rad	ck - Biceps
Ballu lace pulls - LB	Cot 1	10 11			Dack	Silouluers,	Оррег Бас	ck - biceps
	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note							
Front raise to side eccentric,						ı	Should	ders - Arms
	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
2 0	Note							
Front raise to side eccentric,	left- EB						Should	ders - Arms
	Set 1	12 x						
A A A	Set 2	12 x						
	Set 3	12 x						
(a) (a)	Note	14 X						
2 0	Note							
Board to Mountain							Abs - S	traight Abs
	Set 1	5 x						
	Set 2	5 x						
	Set 3	5 x						
~ ~ ~	Note	- //	1	<u> </u>	<u> </u>	I	I	I
	Noto							

Hip bridge one leg lying, righ	nt			Glutes -	Hamstrings
	Set 1	15 x			
JE.	Set 2	15 x			
	Set 3	15 x			
3 2	Note				
Hip bridge one leg lying, left				Glutes -	Hamstring

Hip bridge one leg lying, left					Glutes - I	Hamstrings
	Set 1	15 x				
A	Set 2	15 x				
	Set 3	15 x				
3 8	Note					

Crunch				Abs -	Straight Abs
	Set 1	15 x			
Stor and	Set 2	15 x			
0007.152	Set 3	15 x			
	Note				
Soc 188					

ng leg raise				Abs - S	Straight A
	Set 1	8 x			
800x T83	Set 2	8 x			
	Set 3	8 x			
	Note				

Training Plan	Posistanos	handa l	Poginno	r l 2 dos	non			
	Resistance	Darius	Degimie	i 5 uaç	Jen			
Goal Home workout			E. d. d. t.					
Start date	Time 4		End date		_			
Instructions						F.		
Activities marked with coach for further expla	_			long togeth	ner as a Su	perset or C	Circuit. Ask	your
Day 2	Date	/	/	/	/	/	/	/
Air squat - MRB					Qua	ds, Glutes	- All Abs, L	ower Back
*	Set 1	20 x						
	Set 2	20 x						
	Set 3	20 x						
	Note			,				
Lunge, alternated						Quads	- Glutes, H	Hamstrings
	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note							
Hamstring curls seated, left	- EB						H	Hamstrings
	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
4 2	Note							
Hamatring auria acatasi viale	ED							lometringe
Hamstring curls seated, right	_	10.0		I				Hamstrings
	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
4 2	Note							

Hip abduction standing, left -	MRB				Abduct	tor - Glutes
	Set 1	12 x				
	Set 2	12 x				
TO TO	Set 3	12 x				
5 0	Note					

Hip abduction standing, right - MRB Abductor - Glut									
	Set 1	12 x							
9	Set 2	12 x							
(3)	Set 3	12 x							
5 &	Note								

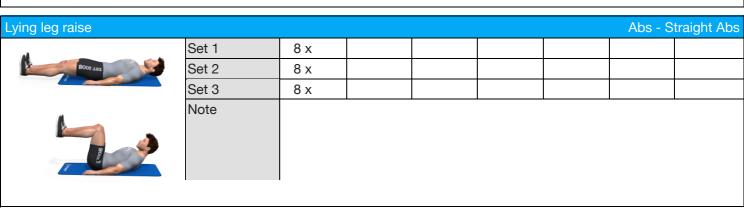
Push-up wall		Chest - Triceps
	Set 1	12 x
	Set 2	12 x
	Set 3	12 x
	Note	Coach note: Te makkelijk? Doe dan een push-up op je knieeen of tenen? .

Board to Mountain					Abs - S	traight Abs
Board to Wood Italii	Set 1	5 x				
	Set 2	5 x				
Ear	Set 3	5 x				
	Note					

Hip bridge					Glutes - I	Hamstrings
	Set 1	20 x				
	Set 2	20 x				
81	Set 3	20 x				
	Note					

Crunch					Abs - S	traight Abs
	Set 1	15 x				
800x 1sq	Set 2	15 x				
8002.139	Set 3	15 x				
	Note					
800c zaz						

Lateral raise - EB					Shoulders
	Set 1	12 x			
	Set 2	12 x			
	Set 3	12 x			
	Note				



Training	Plan	Resistance	bands	Beginne	r 3 dag	en			
Goal	Home workout	s							
Start date		Time 4		End date					
Instructions							F		
								The state of	ער
,//		this sign and witl nation in case of			long togeth	er as a Su	perset or C	ircuit. Ask	your
Day 3		Date	/	/	/	/	/	/	/
Air squat - N	/IRB					Qua	ds, Glutes	- All Abs, L	ower Back
-		Set 1	20 x						
		Set 2	20 x						
50	•	Set 3	20 x						
		Note			•				
W	80								
								01.1	
Hip bridge c	ne leg lying, righ	_	10					Glutes - F	Hamstrings
		Set 1	10 x						
		Set 2	10 x						
		Set 3	10 x	10 may b					
Q T		Note	Coach not	e: 10 per be	een.				
6 6									
Hip bridge c	ne leg lying, left							Glutes - H	Hamstrings
		Set 1	10 x						
		Set 2	10 x						
		Set 3	10 x						
		Note							
-									
6 8									
0 %									
Hamstring c	urls seated, left -	- EB							Hamstrings
		Set 1	12 x						
		Set 2	12 x						
		Set 3	12 x						
	>	Note		<u>. </u>	l_				
7 8									
•	2 0.:,		•						

Hamstring curls seated, right	- EB		Hamstrings
6	Set 1	12 x	
	Set 2	12 x	
	Set 3	12 x	
7 &	Note		

Abductor - Glutes

69 G		
	Set 2	12 x
101	Set 3	12 x
2	Note	

Hip abduction standing, rig	ht - MRB				Abduct	tor - Glutes
	Set 1	12 x				
9	Set 2	12 x				
	Set 3	12 x				
	Note					
8.2						

Push-up wall							Che	st - Triceps
	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note	Coach no	te: Te makk	elijk? Doe	dan een pu	ısh-up op je	e knieeen o	f tenen? .

Crunch					Abs - S	traight Abs
	Set 1	15 x				
800r asa	Set 2	15 x				
	Set 3	15 x				
	Note					
Store tass						

Superman, alternated					L	ower Back
44	Set 1	15 x				
	Set 2	15 x				
The state of the s	Set 3	15 x				
	Note					

ng leg raise				Abs - St	raight Abs
800e Asia	Set 1	8 x			
	Set 2	8 x			
	Set 3	8 x			
	Note				