





Training Plan


Resistance bands | Beginner | 3 dagen


Goal	Home workouts		
Start date	Time 4	End date	
Instructions			


 Activities marked with this sign and with the same number, belong together as a Superset or Circuit. Ask your coach for further explanation in case of any questions.

Day 1	Date	/	/	/	/	/	/	/
Drop squat - MRB								Quads, Glutes
	Set 1	20 x						
	Set 2	20 x						
	Set 3	20 x						
	Note							

Lunge jumps								Quads - Glutes, Hamstrings
	Set 1	30 s						
	Set 2	30 s						
	Set 3	30 s						
	Note							

Hip abduction standing, left - MRB								Abductor - Glutes
<div> <div>1</div>  </div>	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note							

Hip abduction standing, right - MRB								Abductor - Glutes
<div> <div>1</div>  </div>	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note							

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

Band face pulls - EB	Back Shoulders, Upper Back - Biceps
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Band face pulls - EB	Back Shoulders, Upper Back - Biceps
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Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

Front raise to side eccentric, right - EB	Shoulders - Arms
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Front raise to side eccentric, right - EB	Shoulders - Arms
---	------------------



Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

Front raise to side eccentric, left- EB	Shoulders - Arms
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Front raise to side eccentric, left- EB	Shoulders - Arms
---	------------------



Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

Board to Mountain Abs - Straight Abs

Board to Mountain Abs - Straight Abs



Set 1	5 x						
Set 2	5 x						
Set 3	5 x						
Note							

Hip bridge one leg lying, right	Glutes - Hamstrings
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Hip bridge one leg lying, right	Glutes - Hamstrings
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Set 1	15 x						
Set 2	15 x						
Set 3	15 x						
Note							

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



Set 1	15 x						
Set 2	15 x				x		
Set 3	15 x						
Note							



Set 1	8 x						
Set 2	8 x						
Set 3	8 x						
Note							

## Training Plan      Resistance bands | Beginner | 3 dagen

<b>Goal</b>	Home workouts
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Start date	Time 4	End date
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## Instructions



Activities marked with this sign and with the same number, belong together as a Superset or Circuit. Ask your coach for further explanation in case of any questions.

<b>Day 2</b>	Date	/	/	/	/	/	/	/
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Air squat - MRB	Quads, Glutes - All Abs, Lower Back
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Quads, Glutes - All Abs, Lower Back



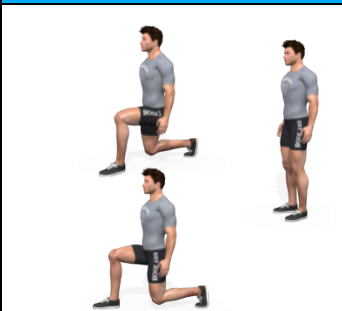
Set 1	20 x
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Set 2	20 x
-------	------

Set 3	20 x
-------	------

Note

## Quads - Glutes, Hamstrings



Set 1	12 x
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Set 2	12 x
-------	------

Set 3	12 x
-------	------

Note

Hamstring curls seated, left - EB	Hamstrings
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## Hamstrings



Set 1	12 x
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Set 2	12 x
-------	------

Set 3	12 x
-------	------

### Note

4 

Hamstring curls seated, right - EB	Hamstrings
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## Hamstrings



Set 1	12 x
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Set 2	12 x
-------	------

Set 3	12 x
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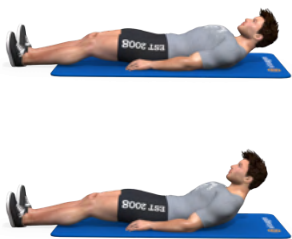
#### Note

4 



## Crunch

## Abs - Straight Abs



Set 1

15 x

Set 2

15 x
------

Set 3

15 x
------

Note

## Lateral raise - EB

## Shoulders



Set 1

12 x	
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Set 2

12 x
------

Set 3

12 x
------

Note

## Lying leg raise

## Abs - Straight Abs



Set 1

---

8 x

Set 2

---

8 x

Set 3

---

8 x

Note



Hamstring curls seated, right - EB	Hamstrings
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## Hamstrings



Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

## Abductor - Glutes



Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

## Abductor - Glutes



Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

## 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 knieën of tenen? .						

Crunch	Abs - Straight Abs
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## Abs - Straight Abs



Set 1	15 x						
Set 2	15 x						
Set 3	15 x						
Note							



Superman, alternated	Lower Back
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Superman, alternated	Lower Back
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1

[illegible]

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