




Training Plan Thuis met alle gear | Split | Gemiddeld | 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 / / / / / / / /

Rope jumping, low speed Cardiovascular System, Calves - Full Body

	Duration	00:05:00						
	Distance	0						
	Speed	0						
	Kcal							
	Note							


Keep your head in a neutral position over your torso. Keep your back in a neutral position. Grab the rope. Rotate your wrist. Jump up.

Squat jump Quads - Glutes, Hamstrings, Lower Back

	Set 1	20 x						
	Set 2	20 x						
	Note							

Place your feet at hip width. Bring your buttocks back. Lower yourself until the upper leg is parallel to the floor. Jump up. Move your arms along.


Stiff legged deadlift - Barbell Lower Back, Hamstrings, Glutes

	Set 1	12 x						
	Set 2	10 x						
	Set 3	8 x						
	Note							

Place your feet at hip width. Grab the barbell. Move your torso forward. Keep your back in a neutral position. Stretch your hip and back.

Goblet squat - DB


Quads, Glutes - Legs

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

Place your feet outside hip width. Toes pointing up at an angle. Grab the dumbbell with two hands. Bend through your knees. Keep your torso straight.

Lunge, alternated - DBs


Quads, Glutes - Legs

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

Place your feet next to each other. Keep your back in a neutral position. Grab and hold the dumbbells. Keep your arms next to your body. Lunge forward. Move the rear knee towards the ground. Alternate between your legs.

Hip thrust - DB, Bench


Glutes - Lower Back, Hamstrings, Quads

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

Sit on the floor. Place your feet flat on the floor. Grab and hold the dumbbell. Lay on your back on the platform. Lift your hips up.


Standing calf raise - DBs

Calves

	Set 1	20 x						
	Set 2	20 x						
	Set 3	20 x						
	Note							


Place your feet at hip width. Grab and hold the dumbbells. Stand on your toes.

Superman, alternated	Lower Back							
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	Set 1	12 x						
	Set 2	10 x						
	Set 3	8 x						
	Note							


Lay down on your stomach. Keep your arms straight. Place your palms on the floor. Keep your back in a neutral position. Tighten your lower back. Extend both legs. Move the arms and legs opposite from each other.

Crunch diagonal, left	Obliques							
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	Set 1	15 x						
	Set 2	15 x						
	Set 3	15 x						
	Note							


Lay on your back on the floor. Place your hands behind your head. Place one leg over the other leg. Tighten the abdominal muscles. Shoulders off the floor. Rotate one elbow towards the knee.

Crunch diagonal, right	Obliques - All Abs							
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	Set 1	15 x						
	Set 2	15 x						
	Set 3	15 x						
	Note							


Lay on your back on the floor. Place your hands behind your head. Place one leg over the other leg. Tighten the abdominal muscles. Shoulders off the floor. Rotate one elbow towards the knee.


Plank static	Abs - Straight Abs							
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	Set 1	90 s						
	Set 2	90 s						
	Set 3	90 s						
	Note							

Place your toes on the floor. Place your lower arms on the floor. Lift your hips up. Hold this position.


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Day 2 Date / / / / / / / /

Rope jumping, low speed Cardiovascular System, Calves - Full Body

	Duration	00:05:00						
	Distance	0						
	Speed	0						
	Kcal							
	Note							


Keep your head in a neutral position over your torso. Keep your back in a neutral position. Grab the rope. Rotate your wrist. Jump up.

Plank push Chest - Triceps, Abs - Straight Abs

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

Assume the push up position. Hold this position. Bend your arms. Stretch your arms. Hold this position.


Shoulder press - DBs Shoulders

	Set 1	12 x						
	Set 2	10 x						
	Set 3	8 x						
	Note							

Place your feet at hip width. Keep your back in a neutral position. Grab and hold the dumbbells. Place your hands outside shoulder width. Palms facing forward. Extend your arms upwards.

Push-up incline - Box


Chest - Triceps

	Set 1	12 x						
	Set 2	10 x						
	Set 3	8 x						
	Note							

Place your hands on the platform. Assume the push up position. Bend your arms. Stretch your arms.

Hip thrust - DB, Bench


Glutes - Lower Back, Hamstrings, Quads

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

Sit on the floor. Place your feet flat on the floor. Grab and hold the dumbbell. Lay on your back on the platform. Lift your hips up.

Triceps extension lying - DBs


Triceps

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

Lay on your back on the flat bench. Grab and hold the dumbbells. Extend your arms forward. Keep your shoulders in fixed position. Bend your elbows. Extend your elbow.

Lateral raise standing - DBs

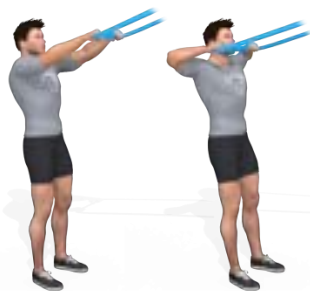
Shoulders

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

Place your feet in stride position. Keep your back in a neutral position. Grab and hold the dumbbells. Keep your arms slightly bent. Lift your arms sideways. Hands at shoulder height.

Band face pulls - EB

Back Shoulders, Upper Back - Biceps



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

Grab and hold the elastic band. Keep your back in a neutral position. Pull your arms back. Elbows above your shoulders. Pull your shoulder blades together.

Bicycle seated

Abs - Straight Abs

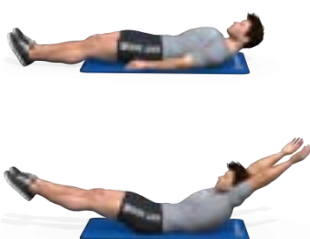


Set 1	12 x							
Set 2	12 x							
Set 3	12 x							
Note								

Sit on the floor. Place your palms on the floor. Keep your back in a neutral position. Tighten the abdominal muscles. Make cycling movements with your legs.

Hollow body hold extended


Abs - Straight Abs




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

Lay on your back on the floor. Tighten the abdominal muscles. Keep your legs off the ground. Stretch your arms. Shoulders off the floor. Hold this position.


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Day 3 Date / / / / / / / /

Rope jumping, low speed Cardiovascular System, Calves - Full Body

	Duration	00:05:00						
	Distance	0						
	Speed	0						
	Kcal							
	Note							

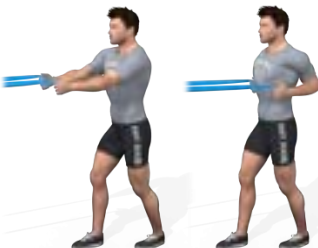
Keep your head in a neutral position over your torso. Keep your back in a neutral position. Grab the rope. Rotate your wrist. Jump up.

Bent-over row standing - Barbell Upper Back - Biceps, Back Shoulders, Lats

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


Place your feet at hip width. Keep your knees slightly bent. Keep your back in a neutral position. Move your torso slightly forward. Grab the barbell. Pull your arms back.

Row arms next to body stand - EB Upper Back - Back Shoulders

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


Place your feet in stride position. Grab and hold the elastic band. Keep your back in a neutral position. Pull your arms back.

Crunch diagonal, left							Obliques
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	Set 1	15 x						
	Set 2	15 x						
	Set 3	15 x						
	Note							


Lay on your back on the floor. Place your hands behind your head. Place one leg over the other leg. Tighten the abdominal muscles. Shoulders off the floor. Rotate one elbow towards the knee.

Crunch diagonal, right							Obliques - All Abs
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	Set 1	15 x						
	Set 2	15 x						
	Set 3	15 x						
	Note							


Lay on your back on the floor. Place your hands behind your head. Place one leg over the other leg. Tighten the abdominal muscles. Shoulders off the floor. Rotate one elbow towards the knee.

Biceps curl standing, alternated - DBs							Biceps
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	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note							

Place your feet in stride position. Keep your back in a neutral position. Grab and hold the dumbbells. Bend one elbow. Rotate one lower arm outwards. Alternate between arms.

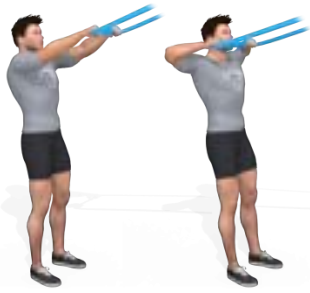
Hammer curl, alternated - DBs							Biceps
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	Set 1	12 x						
	Set 2	12 x						
	Set 3	12 x						
	Note							

Place your feet in stride position. Keep your back in a neutral position. Grab and hold the dumbbell. Palm facing out. Keep one shoulder in fixed position. Bend one elbow. Alternate between arms.

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							

Grab and hold the elastic band. Keep your back in a neutral position. Pull your arms back. Elbows above your shoulders. Pull your shoulder blades together.

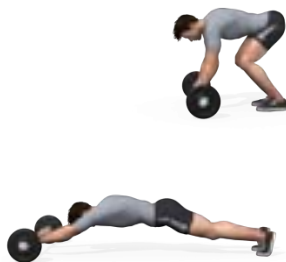


Set 1	12 x						
Set 2	12 x						
Set 3	12 x						
Note							

Sit on the platform. Keep your back in a neutral position. Grab and hold the dumbbells. Keep your arms slightly bent. Lift your arms sideways. Hands at shoulder height.

Roll - Barbell	All Abs - Chest, Triceps, Lats
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Roll - Barbell	All Abs - Chest, Triceps, Lats
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Set 1	6 x						
Set 2	6 x						
Set 3	6 x						
Note							

Place your feet flat on the floor. Grab the barbell. Tighten all of the core muscles. Straighten your body. Keep your back in a neutral position.