

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

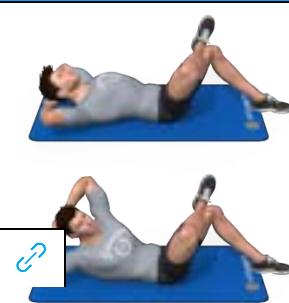


Set 1	12 x							
Set 2	10 x							
Set 3	8 x							
Note								

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



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



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



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								
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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								
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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								
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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.

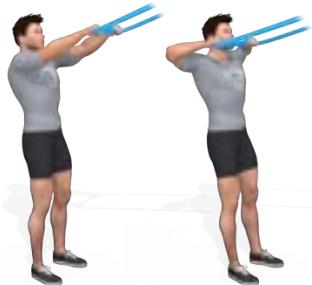
Lateral raise standing - DBs

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								
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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



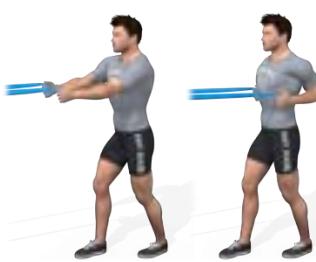
Set 1	12 x							
Set 2	12 x							
Set 3	12 x							

Note								
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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

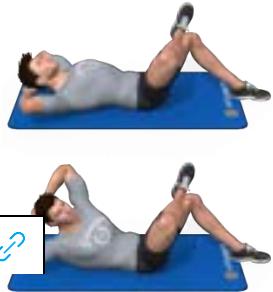
Upper Back - Back Shoulders



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

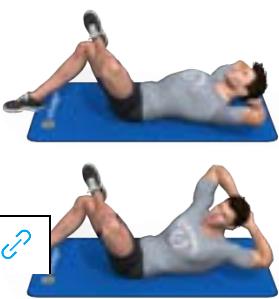
Note								
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Place your feet in stride position. Grab and hold the elastic band. Keep your back in a neutral position. Pull your arms back.

Crunch diagonal, left**Obliques**

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**

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**

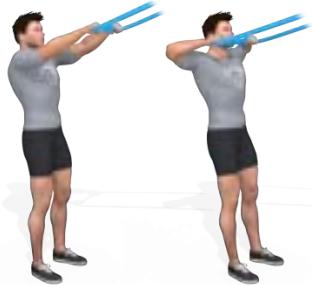
Set 1	12 x							
Set 2	12 x							
Set 3	12 x							
Note								

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**

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**

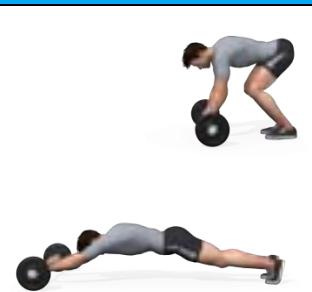
Set 1	12 x							
Set 2	12 x							
Set 3	12 x							
Note								

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.

Side raise seated - DBs**Shoulders**

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**

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.