

WORKOUT OF THE MONTH - mei 2017

| Primal movement patterns | | | | | | |
|----------------------------|---|--------------------------------|------------------|------|----------------------------|------|
| Nr. | Afbeelding | Oefening | Herhalingen | Sets | Weerstand | Rust |
| C A R D I O |  | CROSSTRAINER 10 min. | | | | |
| 1 |  | Backward lunges | 10 x L 10 x R | 3 | <i>Lichaams gewicht</i> | 30" |
| 2 |  | (knee) Push ups | 10 | 3 | <i>Lichaams gewicht</i> | 30" |
| 3 |  | Goblet squat | 10 | 3 | <i>Halter kg</i> | 30" |
| C A R D I O |  | ROEIER 10 min. | | | | |
| 1 |  | Low cable row | 10 | 3 | <i>..... Kg</i> | 30" |
| 2 |  | Single leg deadlift | 5 x L 5 x R | 3 | <i>Halter kg</i> | 30" |
| 3 |  | Pallof cable press | 10 | 3 | <i>..... Kg</i> | 30" |
| C A R D I O |  | FIETS 20 min. | | | | |