

Krachttraining

Oefening	Sets	Rep	Rust
Squat	3	12	60 sec
Lunges	3	12	60 sec
Bent over row	3	12	60 sec
Lat Pulley	3	12	60 sec
Chest Press	3	12	60 sec
Shoulder Press	3	12	60 sec
Thrusters	3	12	60 sec
Crunches	3	12	60 sec

GET LOST