



Option1: Lunge free weight

Weight	Reps	set



Option2: Lunge on machine

Weight	Reps	set



Option3: Lunge pliometrics

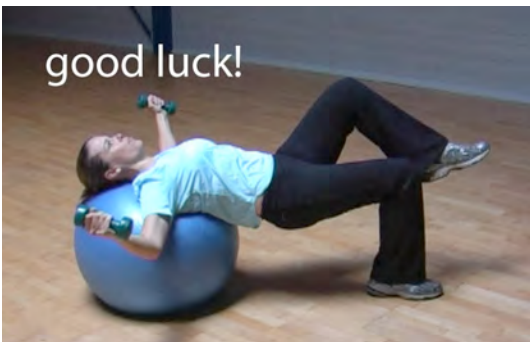
Weight	Reps	set





Optie1: Free benchpress in verschillende richtingen

Weight	Reps	set



Optie2: Free benchpress met 1 been omhoog

Weight	Reps	set





Optie1: Squat free

Weight	Reps	set

Optie2: Squat op machine

Weight	Reps	set

Optie3: Squat free pliometric option for speed phase

Weight	Reps	set



Hamstring en heupflexor in fietspositie

Weight	Reps	set

