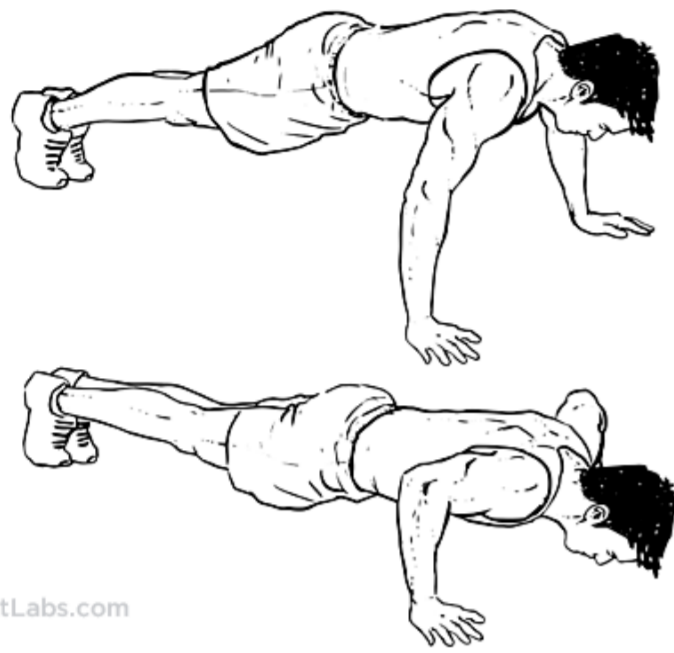
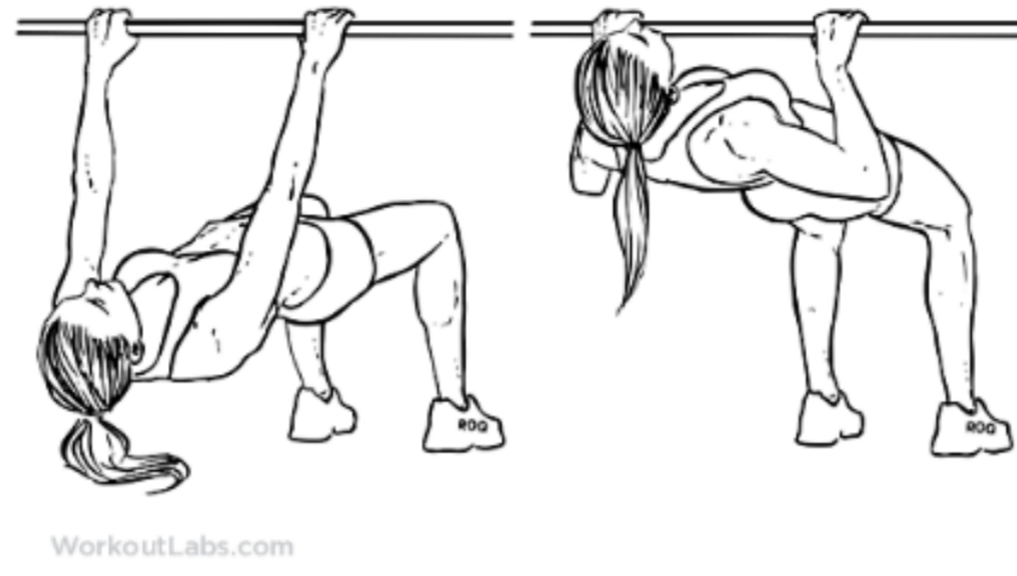


Interval Upper Body

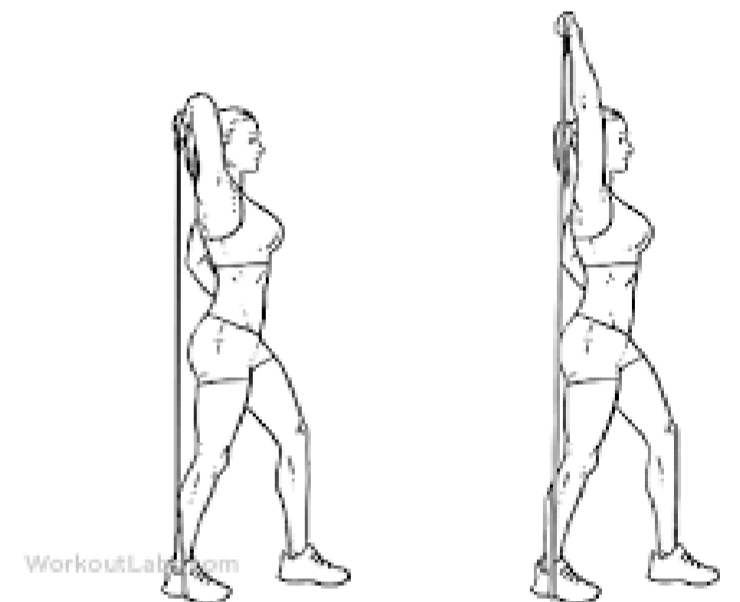
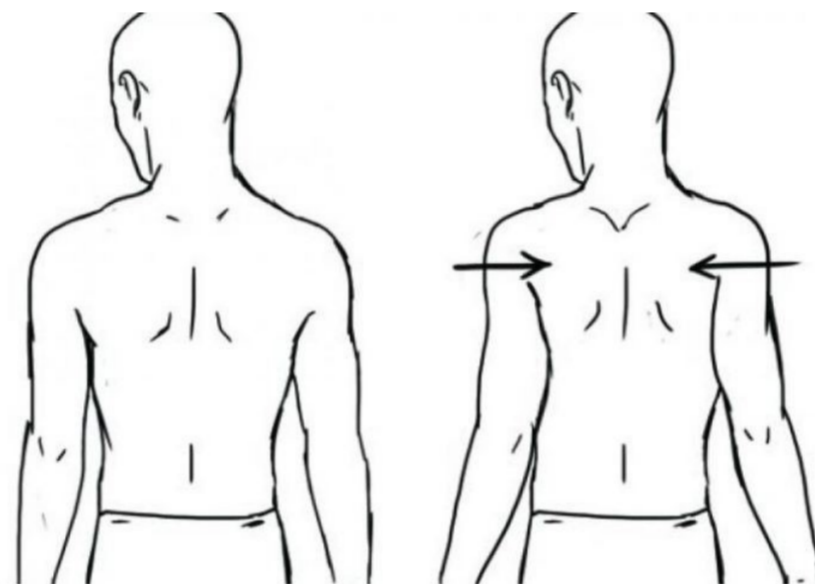
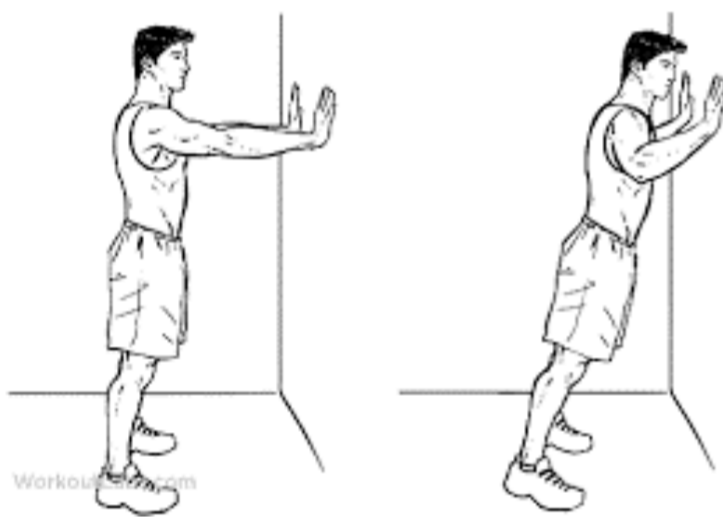
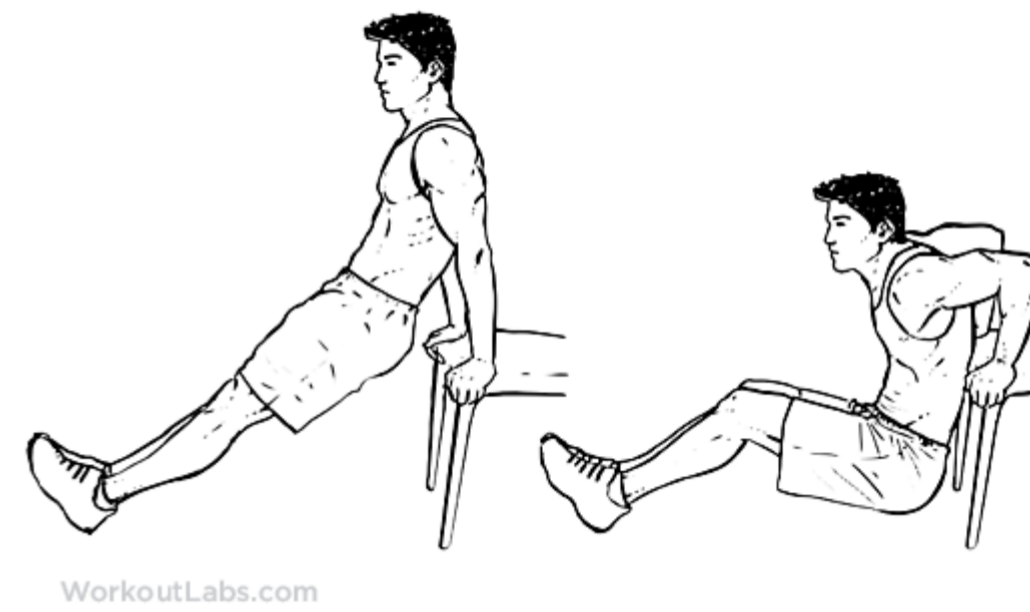
Chest



Rug



Triceps



Wissel af tussen zware en lichte oefening per spiergroep

Push ups: 4 x 8

Body rows: 4 x 8

Body dips: 4 x 8

Wall push ups: 4 x 30

Shoulder squeeze:
4 x 30

arm strekken in
voorovergebogen
positie (licht gewicht):
4 x 30