


# Schema: Home\_workout\_warming up and full\_body

Aantal weken: 4

Naam:	H.W. HOME WORKOUT	
Trainer:	Train_supervisor	
Dagen:		
Start:	17 maart 2020	End: 14 april 2020
Dit rapport is samengesteld door Fitness- en Sportcentrum UvT Tilburg		

## 1. Jumping Jacks 2

Datum	
Sets x Reps	Warming Up x 1 x 1 min Jumping Jacks
Pauze(sec)	30 sec rest, go to wallsit
Gew.	



## 2. Sitting squat wall

Datum	
Sets x Reps	Warming Up ( 90 seconds of wallsit x take 2 little bottles of water to combine
Pauze(sec)	wallsit with front and side raises)
Gew.	



## 3. Lateral raise, standing

Datum	
Sets x Reps	Warming Up (While wall sitting x 45 seconds of side raises
Pauze(sec)	after 45 sec. switch to front raises)
Gew.	



## 4. Front raise, standing

Datum	
Sets x Reps	Warming Up (After 90 seconds of x wallsit, 1 min rest and do it all
Pauze(sec)	over and start with Jumping Jacks
Gew.	



## 5. Crunch

Datum	
Sets x Reps	Extended Warming up x Make 2 crunches and hold crunch for
Pauze(sec)	2 sec. - 4 crunch 4 sec. hold etc. till 10 x hold
Gew.	



## 6. Lunges

Datum	
Sets x Reps	Exc. 1 (circuit A) x Hold lunge position for 30 seconds
Pauze(sec)	each leg and straight after hold 20 fast lunges)
Gew.	



## 7. Push up

Datum	
Sets x Reps	Exc. 2 (circuit A directly after lunges x 10-20 x full push up of from knee pos.
Pauze(sec)	make it harder by holding 5 sec. half way each rep
Gew.	



## 8. Lying pull up

Datum	
Sets x Reps	Exc. 3 (circuit A directly after pushup x If you don't have a pole, grab the edge
Pauze(sec)	of a desk or table (10-20 x)
Gew.	



### 9. Planking 3

<i>Datum</i>	
<i>Sets x Reps</i>	<b>Exc. 4 (circuit A) x 1 minute</b>
<i>Pauze(sec)</i>	<b>End of Circuit A- take rest and go to circuit B)</b>
<i>Gew.</i>	



### 10. Bovenbenen optioneel-5

<i>Datum</i>	
<i>Sets x Reps</i>	<b>Exc 1 (circuit B x Start Less dominant leg 45 sec. step up</b>
<i>Pauze(sec)</i>	<b>15 sec.rest same leg 45 -15, same 45-15 switchleg</b>
<i>Gew.</i>	



### 11. Dipping between benches

<i>Datum</i>	
<i>Sets x Reps</i>	<b>Exc. 2 (directly after leg. exc. x Place feet on ground, hands as shown on</b>
<i>Pauze(sec)</i>	<b>bench or couch, 20x dips or what you can)</b>
<i>Gew.</i>	



### 12. Burpees 2

<i>Datum</i>	
<i>Sets x Reps</i>	<b>Exc. 3 (directly after dips x 20 burpees</b>
<i>Pauze(sec)</i>	<b>directly to planking)</b>
<i>Gew.</i>	



### 13. Planking 5

<i>Datum</i>	
<i>Sets x Reps</i>	<b>Exc. 4 (Circuit B) x 30 - 45 sec each side</b>
<i>Pauze(sec)</i>	<b>End of Circuit B and training, GOOD JOB !)</b>
<i>Gew.</i>	

