

## **Buik-Billen-Benen**

### **Warming up**

Crosstraining – 10 min – level 5

### **Workout**

Seated Leg press                      3 sets 10 herhalingen

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Seated leg curl                      3 sets 10 herhalingen

Adductor                      3 sets 10 herhalingen

Abductor                      3 sets 10 herhalingen

glute machine                      3 sets 10 herhalingen

Total abdominal                      3 sets 10 herhalingen

Rotary torso                      3 sets 10 herhalingen

### **Cooling down**

Step – 10 min – level 3