

FITNESSNL

synergy level 2

FitnessNL

Oefening	Set 1	Set 2	Set 3	Set 4
Walking lunge	10 x per been	10 x per been	10 x per been	10 x per been
Reverse fly	20 x	20 x	20 x	20 x
Abb roller	15 x	15 x	15 x	15 x
Low row cable	20 x	20 x	20 x	20 x
Wall sit	45 sec	50 sec	55 sec	60 sec
Battle rope	45 sec	45 sec	45 sec	45 sec
Push up	10 x	10 x	10 x	10 x
T bar press	15 x	15 x	15 x	15 x

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