Alleen de biceps

Beginner | 7 min | 69 Kcal

1



Dumbbell lateral raises

Halter

30 Sec

Rust 20 Sec

2



Alternate front raise

Halter

30 Sec

Rust 20 Sec

3



Rear raise

Halter

30 Sec

Rust 20 Sec

4



Dumbbell lateral raises

Halter

30 Sec

Rust 20 Sec

5



Alternate front raise

Halter

30 Sec

Rust 20 Sec

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6		Rear raise Halter	30 Sec
	Rust		20 Sec
7		Dumbbell lateral raises Halter	30 Sec
	Rust		20 Sec
8		Alternate front raise Halter	30 Sec
	Rust		20 Sec
9		Rear raise Halter	30 Sec

Armify

Dit is de workout als PDF. In de app beleef je de volledige ervaring.

Hier heb je de technische structuur. In de app vind je een rijkere, dynamischere ervaring.

Download de app

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