Alleen de schouders

Beginner | 7 min

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

P4P

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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