“Waanzinnige” armen

Expert | 12 min

1		Barbell Curls Barbell	20 Sec
	Rust		10 Sec
2		Alternating Hammer Curls Halter	20 Sec
	Rust		10 Sec
3		Barbell Curls Barbell	30 Sec
	Rust		10 Sec
4		Alternating Hammer Curls Halter	30 Sec
	Rust		30 Sec
5		Dumbbell Triceps Extension Halter	30 Sec
	Rust		15 Sec

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6



Triceps bankdrukken

Bank / Stoel

30 Sec

Rust 15 Sec

7



Triceps Kickbacks

Halter

30 Sec

Rust 5 Sec

8



Dips met 2 bankjes

2 Bankjes / 2 Stoelen

30 Sec

Rust 30 Sec

9



Dumbbell Triceps Extension

Halter

30 Sec

10



Seated Alternating Curl

Bank / Stoel

x20 Herh

Rust 30 Sec

11



Dumbbell Triceps Extension

Halter

30 Sec

12



Seated Alternating Curl

Bank / Stoel

x20 Herh

Rust 30 Sec

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13		Dips met 2 bankjes 2 Bankjes / 2 Stoelen	30 Sec
14		Rotating Bicep Curl Halter	30 Sec
	Rust		15 Sec
15		Dumbbell lateral raises Halter	x25 Herh
	Rust		20 Sec
16		Dumbbell lateral raises Halter	x25 Herh

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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