



JE ONLINE PERSONAL COACH

<http://www.efitness.be>

Borstspieren trainen in 5 oefeningen

Oefening	Aantal sets	Aantal repetities	KLAAR, high five!
Push ups	3	opwarming	<input type="checkbox"/>
Bench press	3	8	<input type="checkbox"/>
Dumbbell Flys	3	12	<input type="checkbox"/>
Incline dumbbell press	3	8	<input type="checkbox"/>
Low cable chest flys	3	12	<input type="checkbox"/>