



JE ONLINE PERSONAL COACH

<http://www.efitness.be>

Rugspieren trainen in 5 oefeningen

Naam:

Datum:

Duur van de training:.....

Ochtend/middag/avond

Oefening	Sets/Repetities	Set 1	Set 2	Set 3
Pull ups	3/opwarming
V-bar pulldown	3x10
Bent over barbell row	3x10
Seated Cable Rows	3x12
Hyperextensions	3x12