



JE ONLINE PERSONAL COACH

<http://www.efitness.be>

## Armspieren trainen in 6 oefeningen

Oefening	Aantal sets	Aantal repetities	KLAAR, high five!
Bench press nauwe grip	3	10	<input type="checkbox"/>
Zittende triceps press	3	12	<input type="checkbox"/>
Triceps push-down	3	12	<input type="checkbox"/>
Hammer curls	3	10	<input type="checkbox"/>
Zittende dumbbell curls	3	12	<input type="checkbox"/>
Preacher curls	3	12	<input type="checkbox"/>