



JE ONLINE PERSONAL COACH

<http://www.efitness.be>

Bilspieren trainen in 4 oefeningen

Oefening	Aantal sets	Aantal repetities	KLAAR, high five!
Barbell back squat	3	12	<input type="checkbox"/>
Leg press	3	12	<input type="checkbox"/>
Lunges	3	12	<input type="checkbox"/>
Calf raises	3	15	<input type="checkbox"/>