



JE ONLINE PERSONAL COACH

<http://www.efitness.be>

## Borstspieren trainen thuis zonder gewichten

**Naam:** .....

**Datum:** .....

**Duur van de training:**.....

**Ochtend/middag/avond**

| Oefening                   | Set 1       | Set 2       | Set 3       |
|----------------------------|-------------|-------------|-------------|
| Push up<br>Schouderbreedte | Reps<br>... | Reps<br>... | Reps<br>... |
| Elevated<br>Push up        | Reps<br>... | Reps<br>... | Reps<br>... |
| Dips                       | Reps<br>... | Reps<br>... | Reps<br>... |
| Push up<br>Diamond         | Reps<br>... | Reps<br>... | Reps<br>... |