


Staal Fysiotherapie Training

Naam:

Begin Datum:
 Instr:




CARDIO TRAINING



| | | | | | | |
|-------------|---|---|---|----|----|----|
| Week | 1 | 2 | 3 | 4 | 5 | 6 |
| Min. | 8 | | | | | |
| Week | 7 | 8 | 9 | 10 | 11 | 12 |
| Min. | | | | | | |


level:






| | | | | | | |
|-------------|---|---|---|----|----|----|
| Week | 1 | 2 | 3 | 4 | 5 | 6 |
| Min. | 6 | | | | | |
| Week | 7 | 8 | 9 | 10 | 11 | 12 |
| Min. | | | | | | |

Km/h: %:

KRACHT TRAINING





Gewicht duwen



Skispringen
3 x 12 hh



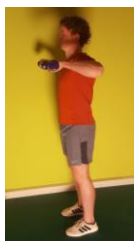


Step up
3 x 12 hh

Schuin
3 x 12 hh

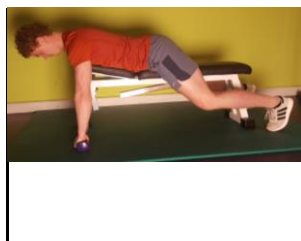

Squat
3 x 12 hh

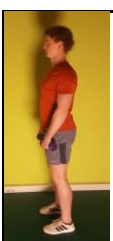

Voorwaarts heffen
3 x 12 hh




Zagen
3 x 12 hh

Gewicht trekken

Bukken
3 x 12 hh