

12 weken krachtprogramma



Squat op een stoel

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 10 squats	1x 15	1x 20	2x 15	2x 20	2x 25



Brug

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 10 de brug	1x 15	1x 20	2x 12	2x 16	2x 20



Achterwaartse kick

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 10 kicks elk been	1x 15	1x 20	2x 12	2x 16	2x 20



Kuitheffen

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 10 kuit heffen	1x 15	1x 20	2x 15	2x 20	2x 25



Been heffen liggend

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 10 elk been	1x 15	1x 20	2x 12	2x 16	2x 20



Been heffen staand

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 10 elk been	1x 15	1x 20	2x 12	2x 16	2x 20



Zittende knieheffing

Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12
1x 8 knieën heffen	1x 12	1x 16	2x 12	2x 16	2x 20