

| Trainingsplan |  | Home/Garden training - Stay fit for rugby! - 1 |  |
|---------------|--|--|--|
| Doel          | Afvallen   |  |  |
| Startdatum    | Tijd 1   | Einddatum                                      |  |
| Aanwijzingen  | First 4 exercises = warming up, do 2 rounds of this. Try to go AMRAP on each exercise (as many reps as possible) and try to beat your numbers the next training! |  |  |



Activiteiten gemarkeerd met dit icoon en met hetzelfde nummer, horen bij elkaar als een Superset of als een Circuit. Vraag je coach voor meer uitleg als er meer vragen zijn.

| Oefeningen   | Datum    | /        | / | / | / |
|--|----------|----------|---|---|---|
| <b>1. Spreidsprongen, duur</b> Cardiovasculair Systeem |          |          |   |   |   |
|  | Duur     | 00:01:00 |   |   |   |
|  | Afstand  | 0        |   |   |   |
|  | Snelheid | 0        |   |   |   |
|  | Kcal     |          |   |   |   |
|  | Notitie  |          |   |   |   |

| Oefeningen   | Datum | /    | / | / | / |
|--|-------|------|---|---|---|
| <b>2. Mountain climber</b> Quadriceps, Buik - Rechte buikspieren |       |      |   |   |   |
|  | Set 1 | 60 s |   |   |   |
|  | Set 2 |      |   |   |   |
|  | Set 3 |      |   |   |   |
|  | Set 4 |      |   |   |   |
|  | Set 5 |      |   |   |   |
| Notitie  |       |      |   |   |   |

| Oefeningen                                       | Datum    | /        | / | / | / |
|--|----------|----------|---|---|---|
| <b>3. Trippling knie heffen, duur</b> Quadriceps |          |          |   |   |   |
|  | Duur     | 00:00:30 |   |   |   |
|  | Afstand  | 0        |   |   |   |
|  | Snelheid | 0        |   |   |   |
|  | Kcal     |          |   |   |   |
|  | Notitie  |          |   |   |   |

| Oefeningen                  | Datum | /    | / | / | / |
|-----------------------------|-------|------|---|---|---|
| <b>4. Hand walk</b> All Abs |       |      |   |   |   |
|                             | Set 1 | 60 s |   |   |   |
|                             | Set 2 |      |   |   |   |
|                             | Set 3 |      |   |   |   |
|                             | Set 4 |      |   |   |   |
|                             | Set 5 |      |   |   |   |
| Notitie                     |       |      |   |   |   |

| Oefeningen   | Datum  | /    | /  | / | / |
|--|--|------|----|---|---|
| <b>5. Bulgarian split squat, left - Box</b> Quadriceps |  |      |    |   |   |
|  | Set 1  | 15 x | kg |   |   |
|  | Set 2  | 15 x | kg |   |   |
|  | Set 3  | 15 x | kg |   |   |
|  | Set 4  |      |    |   |   |
|  | Set 5  |      |    |   |   |
| Notitie  | Coach notitie: 15x left, 30 sec rest, 15 right, 60 sec rest x 3 Easy option: normal lunge. |      |    |   |   |


| Oefeningen                            | Datum  | /    | /  | / | / |
|---------------------------------------|--|------|----|---|---|
| <b>6. Push-up decline - Box</b> Borst |  |      |    |   |   |
|                                       | Set 1  | 15 x | kg |   |   |
|                                       | Set 2  | 15 x | kg |   |   |
|                                       | Set 3  | 15 x | kg |   |   |
|                                       | Set 4  |      |    |   |   |
|                                       | Set 5  |      |    |   |   |
| Notitie                               | Coach notitie: Full range of motion, AMRAP (as many reps as possible) Easy option: normal (knee) push ups. |      |    |   |   |



| Oefeningen   | Datum  | /    | /  | / | / |
|--|--|------|----|---|---|
| <b>7. Hip dip from hip bridge, rechts - Box</b> Bilspieren |  |      |    |   |   |
|  | Set 1  | 15 x | kg |   |   |
|  | Set 2  | 15 x | kg |   |   |
|  | Set 3  | 15 x | kg |   |   |
|  | Set 4  |      |    |   |   |
|  | Set 5  |      |    |   |   |
| Notitie  | Coach notitie: 15x left, 30 sec rest, 15x right, 60 sec rest x 3 Easy option: 2 legs, less reps. |      |    |   |   |



| Oefeningen                       | Datum | /    | / | / | / |
|----------------------------------|-------|------|---|---|---|
| <b>8. Table pull up</b> Bovenrug |       |      |   |   |   |
|                                  | Set 1 | 15 x |   |   |   |
|                                  | Set 2 | 15 x |   |   |   |
|                                  | Set 3 | 15 x |   |   |   |
|                                  | Set 4 |      |   |   |   |
|                                  | Set 5 |      |   |   |   |
| Notitie                          |       |      |   |   |   |


| Oefeningen                         | Datum   | /    | / | / | / |
|------------------------------------|---|------|---|---|---|
| <b>9. Lateral jumps</b> Quadriceps |   |      |   |   |   |
|                                    | Set 1   | 20 x |   |   |   |
|                                    | Set 2   | 20 x |   |   |   |
|                                    | Set 3   | 20 x |   |   |   |
|                                    | Set 4   |      |   |   |   |
|                                    | Set 5   |      |   |   |   |
| Notitie                            | Coach notitie: Try to do 20 reps in total without rest. Easy option: 10 reps. |      |   |   |   |

| Oefeningen  | Datum  | /    | / | / | / |
|---|--|------|---|---|---|
| <b>10. Hand walk push up one arm plank</b> Borst, Buik - Rechte buikspieren, Voorkant schouders |  |      |   |   |   |
|   | Set 1  | 10 x |   |   |   |
|   | Set 2  | 10 x |   |   |   |
|   | Set 3  | 10 x |   |   |   |
|   | Set 4  |      |   |   |   |
|   | Set 5  |      |   |   |   |
| Notitie   | Coach notitie: Try to do 10 reps without break. Try to hold your arm up for 2-3 sec Easy option: without push up.. |      |   |   |   |

| 11. Back extension hands under head lying  |         | Onderrug   |  |  |  |
|--|---------|--|--|--|--|
|  | Set 1   | 10 x   |  |  |  |
|  | Set 2   | 10 x   |  |  |  |
|  | Set 3   | 10 x   |  |  |  |
|  | Set 4   |  |  |  |  |
|  | Set 5   |  |  |  |  |
|  | Notitie | Coach notitie: Try no to rest on the floor in between reps. Easy option: rest on the floor in between reps.. |  |  |  |

| 12. Bear paw walk   |   | Quadriceps, Buik - Rechte buikspieren   |  |  |  |
|---|---|---|--|--|--|
|  | Duur  | 00:00:30  |  |  |  |
|   | Afstand   | 0   |  |  |  |
|   | Snelheid  | 0   |  |  |  |
|   | Kcal  |   |  |  |  |
|   | Notitie   | Coach notitie: Scrum walk! 8 steps forward 8 steps backward 8 steps left 8 steps right Finish with 5 push ups! Easy option: 5 steps & no push up. |  |  |  |
| 2   |  |   |  |  |  |

| 13. Bear paw walk backwards  |   | Buik - Rechte buikspieren, Bilspieren |  |  |  |
|--|---|---------------------------------------|--|--|--|
|  | Duur  | 00:00:30                              |  |  |  |
|  | Afstand   | 0                                     |  |  |  |
|  | Snelheid  | 0                                     |  |  |  |
|  | Kcal  |                                       |  |  |  |
|  | Notitie   |                                       |  |  |  |
| 2  |  |                                       |  |  |  |

| 14. Plank hand en voet op, om en om   |         | Bilspieren, Buik - Rechte buikspieren   |  |  |  |
|---|---------|---|--|--|--|
|  | Set 1   | 20 x  |  |  |  |
|   | Set 2   | 20 x  |  |  |  |
|   | Set 3   | 20 x  |  |  |  |
|   | Set 4   |   |  |  |  |
|   | Set 5   |   |  |  |  |
|   | Notitie | Coach notitie: 20 reps in total: lift right foot + left leg, then left foot + right leg etc Easy option: 10 reps or only one leg or hand. . |  |  |  |