

Home workout - Benen & Billen (Legday)

Door Louella Bartnig - Fitaddict.nl

Datum: _____



Gewichten bij dit home workout schema is niet nodig, maar als je dumbbells hebt en gebruikt kan je dat invullen.

Begin met een warming up van ± 25-30 Jumping Jacks. Dit is een indicatie, doe wat goed voelt!

>>> Voor meer uitleg en tips zie de bijbehorende video op mijn Youtube of Blog

| Oefening | Week | Set 1 | Set 2 | Set 3 | Set 4 |
|---|--------|---------|-------|---------|-------|
| Step-up's | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Lunges | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Hip Thrust | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Bulgarian Split Squats | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Crossover Lunges | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Kickback's | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Fire Hydrant | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Jump Squats | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Side Lunges | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |
| Fun cardio side steps & clap! (zie video haha) | | Gewicht | Reps | Gewicht | Reps |
| | Week 1 | | 12-15 | | 12-15 |
| | Week 2 | | 12-15 | | 12-15 |
| | Week 3 | | 12-15 | | 12-15 |
| | Week 4 | | 12-15 | | 12-15 |