



Goals



Jouw gezondheid

Conditie

1	Intake en Total Body Check	2	Circuittraining en Movement Screening
3	Basismovement en Circuit Core	4	Voeding
5	Circuit Cardio en Circuit Kettlebell	6	Circuit Kettlebell
7	Powerliften	8	Tone
9	Core	10	Personal Training

Week 22



12	Powerbag	14	Pull Up
16	Coaching	18	Body Attack
20	TRX	22	Body Pump
24	Coaching	26	Body Combat
28	Hartslagtraining	30	HIT
32	RPM	34	Mobilisatie
36	Coaching	38	Pull Up
40	Body Step	42	Cable Cross
44	Body & Mind	46	Coaching
48	Kracht	50	Body & Mind
52	Run		

Week 26



Week 42

