



## Goals

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Jouw gezondheid

# Kracht

1	Intake en Total Body Check	2	Circuittraining en Movement Screening
3	Basismovement en Circuit Core	4	Voeding
5	Circuit Kracht	6	Circuit Kettlebell
7	Powerliften	8	Cable Cross
9	Deadlift	10	Powerbag

## Week 9



12	Personal Training	14	Core
16	Pull Up	18	Crossbox
20	Coaching	22	Mobilisatie
24	Glute	26	Free Weight
28	Olympisch Heffen	30	HIIT

## Week 24



32	Body & Mind	34	Coaching
36	Clean & Jerk	38	Kettlebell Advanced
40	Olympisch Heffen	42	TRX

## Week 38



44	Performance Cardio	46	Muscle Up
48	Rings	50	Coaching
52	Free Weight		