



Home Workout For Legs

Quads Workout

Exercise	Sets	Reps
Dumbbell Goblet Squat	4	8-12
<i>Dumbbell Lunge</i>	4	8-12
<i>Dumbbell Step Up</i>	4	15-20
<i>Bulgarian Split Squat</i>	4	8-12

Hamstring Workout

Exercise	Sets	Reps
<i>Dumbbell Stiff Leg Deadlift</i>	4	10-12
Dumbbell Hamstring Curl <i>or dumbbell goodmorning</i>	4	10-15

Dumbbell Workout Full body

Fullbody






Exercise	4 sets van 10-15 reps
<i>Dumbbell Shoulder Press</i>	
<i>Dumbbell Upright Row</i>	
<i>Dumbbell Floor Press</i>	
<i>Dumbbell Floor Flye</i>	
Mason Twists	
Bicycle Knee to Elbow	
<i>Push Ups</i>	
<i>Tricep Extensions</i>	
<i>Dumbbell Curls</i>	
<i>Hammer Curls</i>	
Dumbbell bent over row	
Dumbbell one arm row	



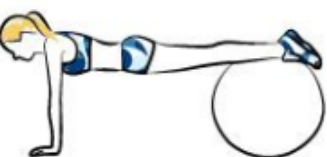
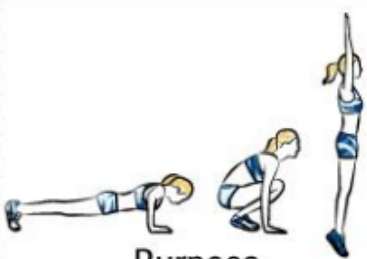



Full body workout

- Set 1 doe je 3x dan 1.5 min rust – Dit herhaal je 5a8x
- Set 2 doe je 2x dan 1 min rust – Dit herhaal je 5a8x

SET 1

 <p>Dumbbell Curls 10 Reps</p>	 <p>Overhead Presses 10 Reps</p>	 <p>Tricep Kickbacks 10 Reps</p>
	 <p>1 Stiff Leg Deadlifts 10 Reps</p>	 <p>Dumbbell Lunges 10 Reps</p>

SET 2

 <p>Push Ups 10 Reps</p>	 <p>Burpees 10 Reps</p>	 <p>Jump Squats 10 Reps</p>
 <p>Mountain Climbers 10 Reps</p>	 <p>Side Plank 60 Seconds</p>	