



# FIT FOR FREE

## Bodypumpchart

### 1 - WARMING-UP



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 2 - SQUATS - *bovenbenen*



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 3 - BORST



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 4 - RUG



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 5 - TRICEPS



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 6 - BICEPS



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 7 - LUNGES - *billen*



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

### 8 - SCHOULDERS



- |           |           |            |
|-----------|-----------|------------|
| 1. ___ kg | 5. ___ kg | 9. ___ kg  |
| 2. ___ kg | 6. ___ kg | 10. ___ kg |
| 3. ___ kg | 7. ___ kg | 11. ___ kg |
| 4. ___ kg | 8. ___ kg | 12. ___ kg |

Elk cijfer staat voor het weeknummer waarin we de huidige release doen. Gebruik de eerste 3/4 weken om te wennen aan de choreografie. Gebruik week 4-9 om langzaam de gewichten op te voeren. De laatste weken zijn de prestatieweken. Daar ligt je 'moment of glory'.