DENFiT
OUTDOOR FITNESS

Alternatieve oefeningen TrimFit

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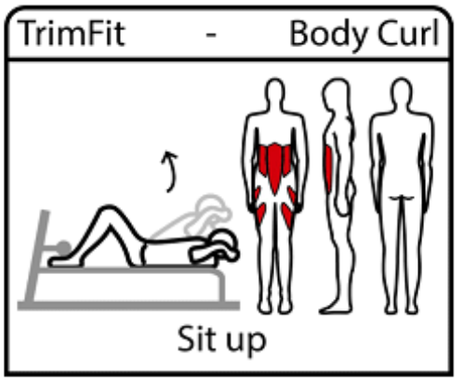
Body Curl



Trainingsdoel:

Instructies:

-Plaats de voeten onder de beugel

-Krom de romp en span de buikspieren aan

-Kom kort overeind zodat het boven-lichaam los komt van het bankje

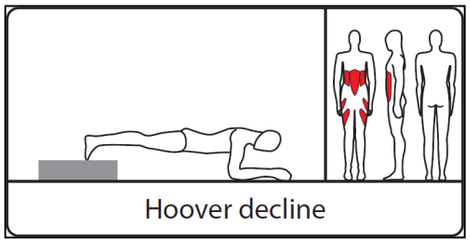
Ook geschikt voor:

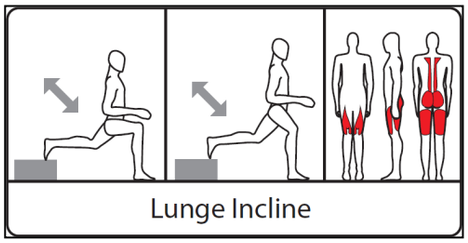
- Tieners
- Bootcamp

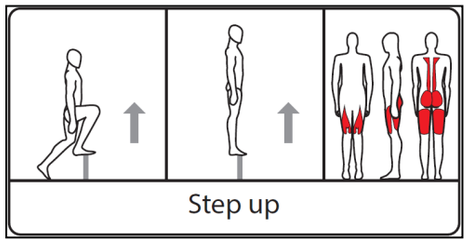
Alternatieve oefeningen:

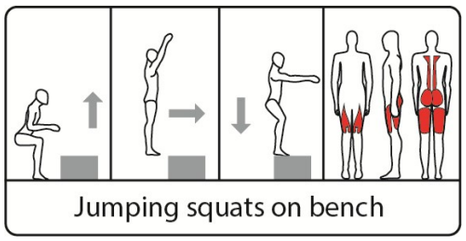
10

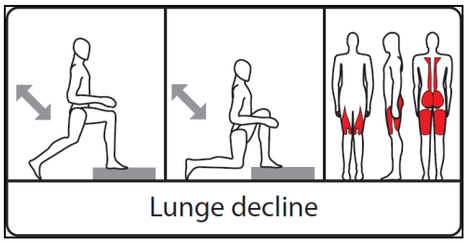
Alternatieve oefeningen Body Curl

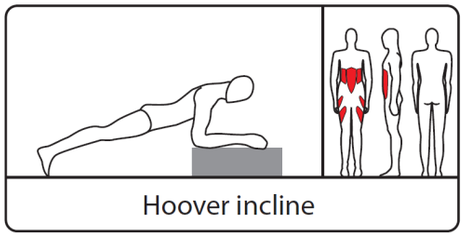

Hoover decline

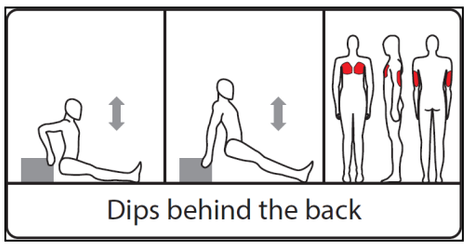

Lunge Incline

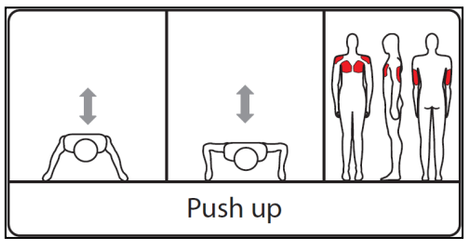

Step up

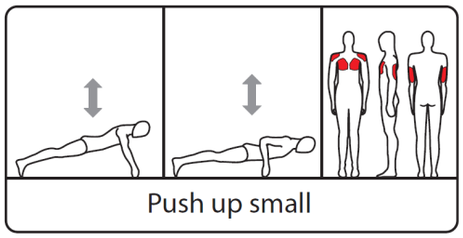

Jumping squats on bench

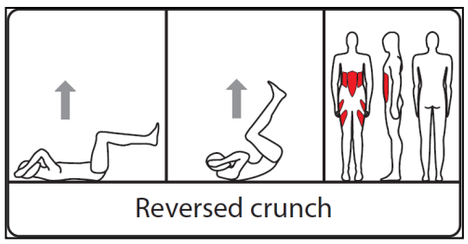

Lunge decline


Hoover incline

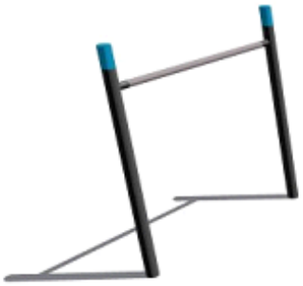

Dips behind the back

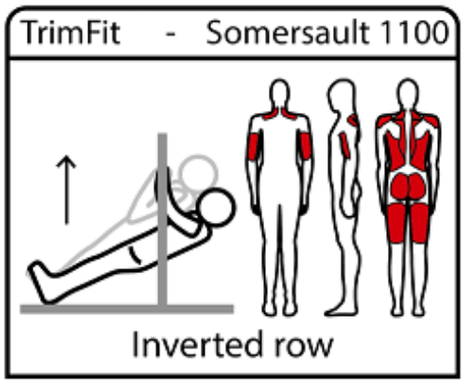

Push up


Push up small


Reversed crunch

Somersault 1100





Trainingsdoel:

Afvallen | Fit blijven voor ouderen | Kracht

Instructies:

-Pak de stang beet met een onderhandse greep

-Trek je borst naar de stang toe

Ook geschikt voor:

- Ouderen
- Bootcamp
- Parcours

Alternatieve oefeningen:

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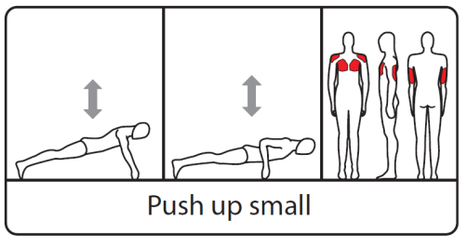
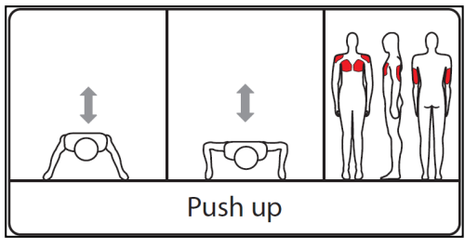
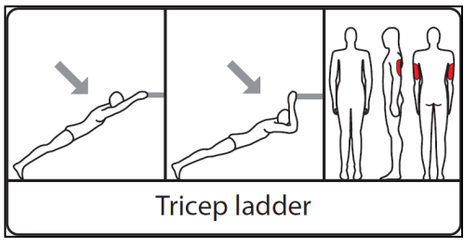
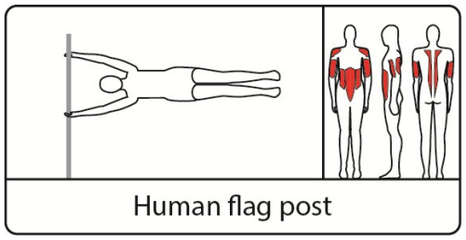
Alternatieve oefeningen Somersault 1100

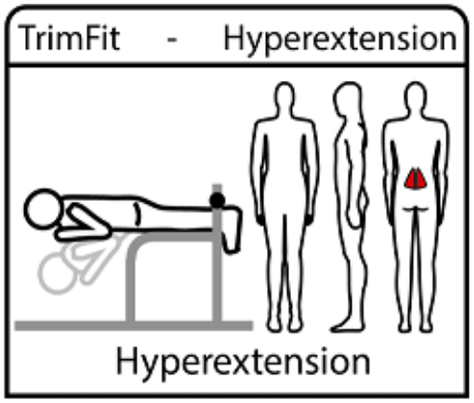








Hyperextension



Trainingsdoel:

Fit blijven Kracht

Instructies:

-Plaats de voeten achter de horizontale stang

-Laat het lichaam voorover zakken

-Kom overeind tot het lichaam horizontaal is

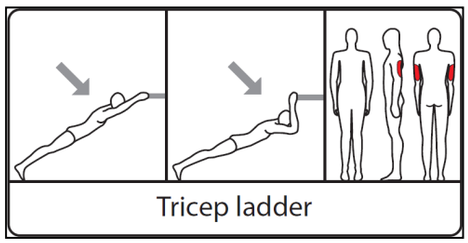
Ook geschikt voor:

- Bootcamp

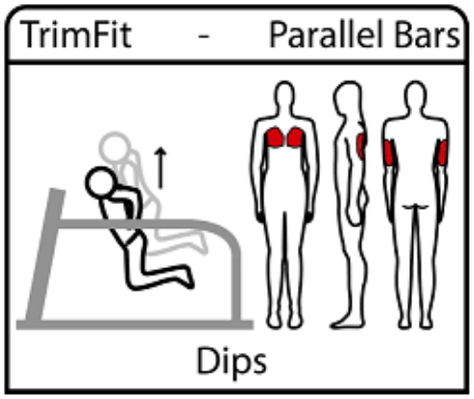
Alternatieve oefeningen:

4

Alternatieve oefeningen Hyperextension



Parallel Bars



Trainingsdoel:

Instructies:

-Plaats de handen op de balken

-Laat je rustig door je armen zakken

-Ellebogen wijzen naar achteren

-Druk jezelf weer omhoog

-Gebruik deels je voeten als hulp

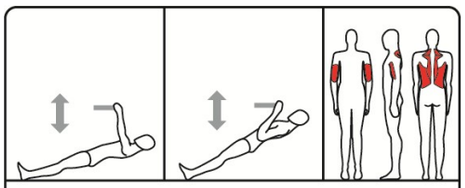
Ook geschikt voor:

- Tieners
- Parcours
- Bootcamp

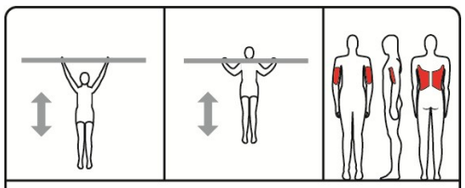
Alternatieve oefeningen:

6

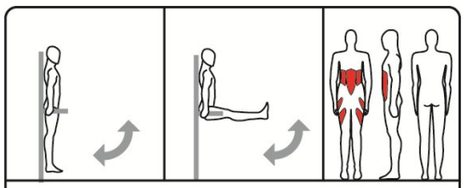
Alternatieve oefeningen Parallel Bars



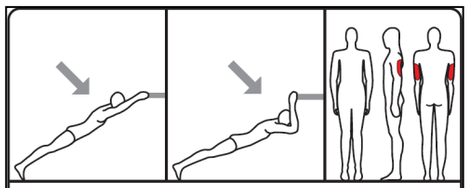
Inverted row



Pull up wide

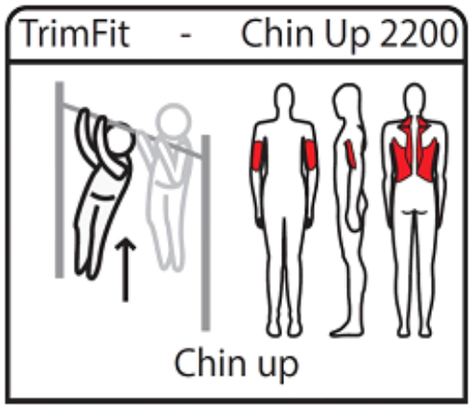


Roman chair

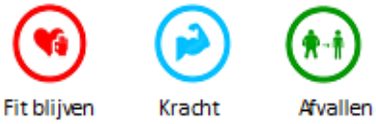


Tricep ladder

Chin Up 2200



Trainingsdoel:



Instructies:

-Plaats de handen op de stang in onderhandse greep

-Trek jezelf omhoog naar de stang

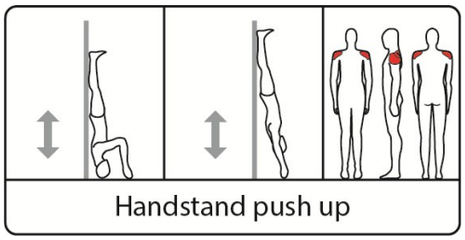
Ook geschikt voor:

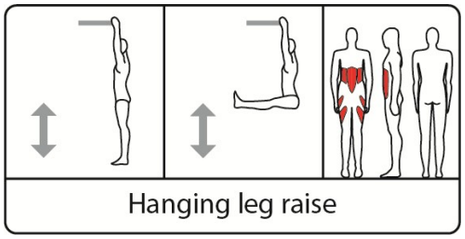
- Tieners
- Parcours
- Bootcamp

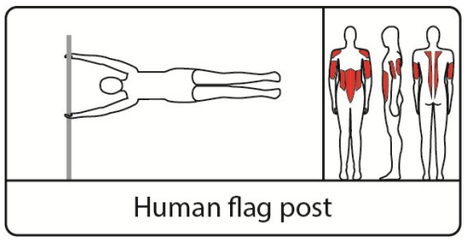
Alternatieve oefeningen:

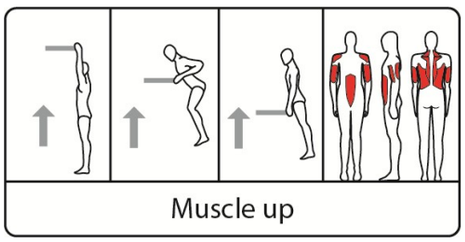
6

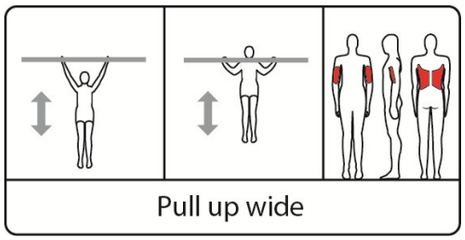
Alternatieve oefeningen
Chin Up 2200

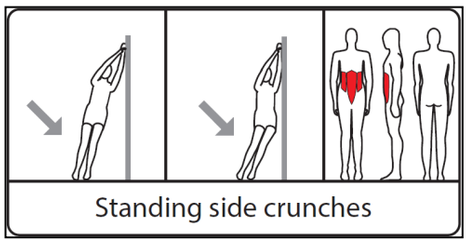

Handstand push up


Hanging leg raise

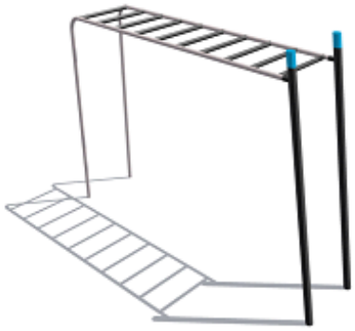

Human flag post

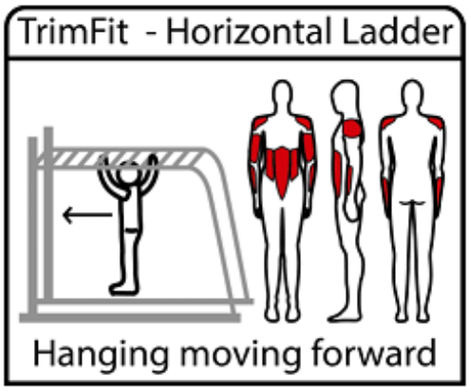

Muscle up


Pull up wide


Standing side crunches

Horizontal Ladder





Trainingsdoel:

Fit blijven | Kracht | Conditie

Instructies:

-Plaats de handen op de stang

-Beweeg jezelf voorwaarts door steeds de volgende stang te pakken

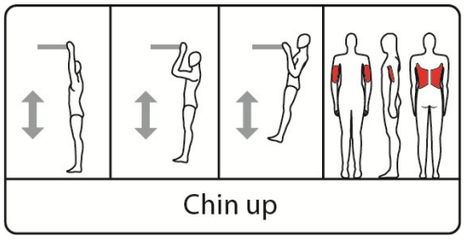
Ook geschikt voor:

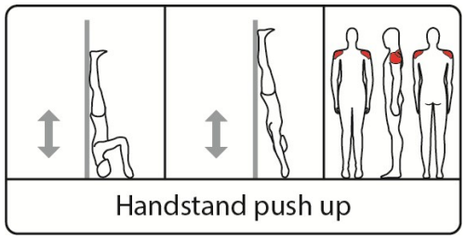
- Parcours
- Bootcamp

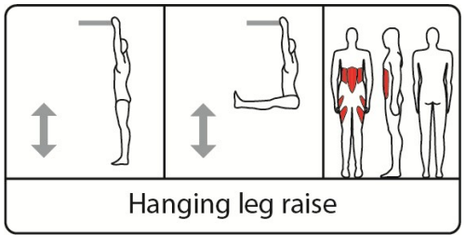
Alternatieve oefeningen:

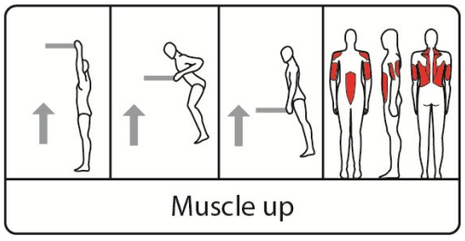
7

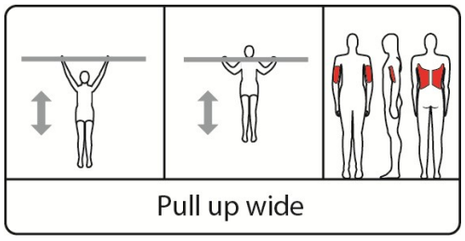
Alternatieve oefeningen Horizontal Ladder

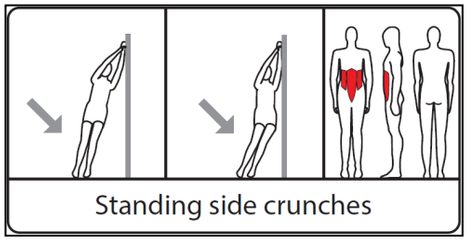

Chin up

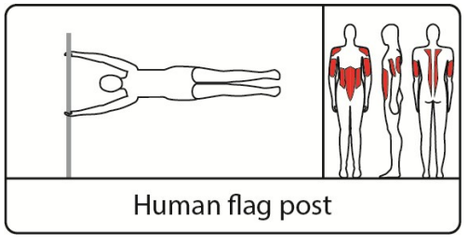

Handstand push up


Hanging leg raise

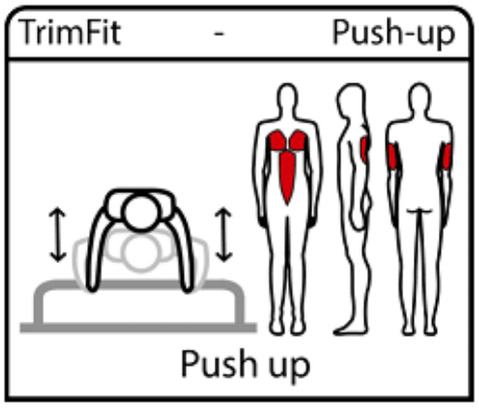

Muscle up


Pull up wide


Standing side crunches


Human flag post

Push Up



Trainingsdoel:

Fit blijven Afvallen Kracht

Instructies:

-Plaats de handen op de stang

-Laat het lichaam zakken tot de stang

-Druk jezelf weer omhoog

-Doe de oefening op de knieën als het op de tenen te zwaar is

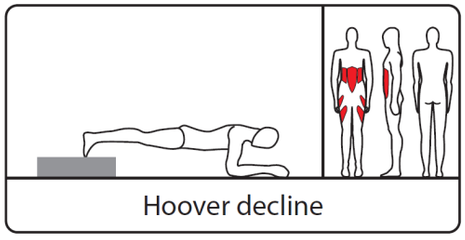
Ook geschikt voor:

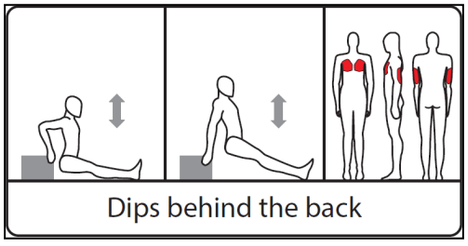
- Parcours
- Bootcamp

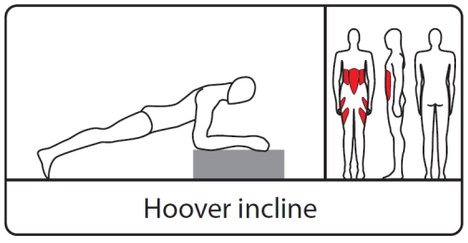
Alternatieve oefeningen:

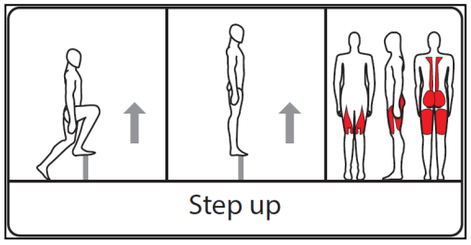
11

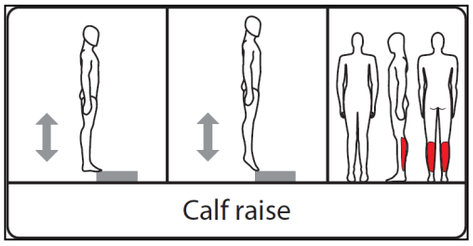
Alternatieve oefeningen Push Up

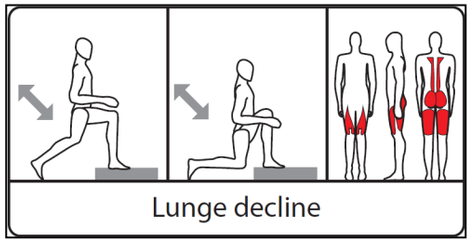

Hoover decline

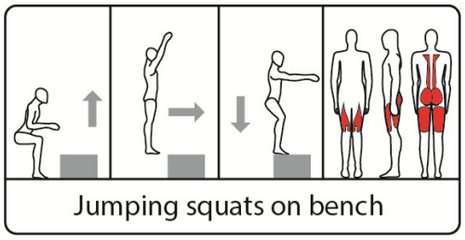

Dips behind the back

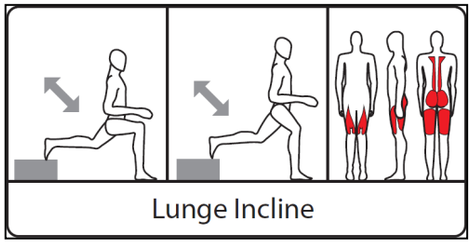

Hoover incline

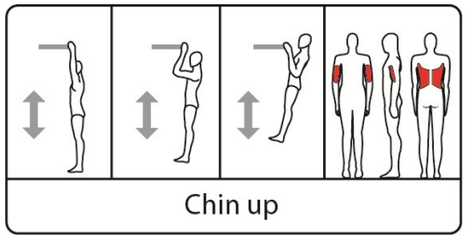

Step up

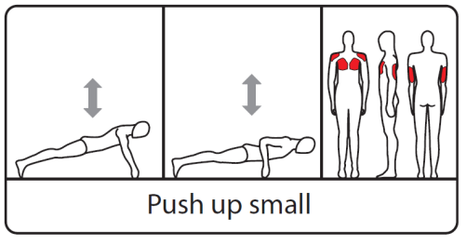

Calf raise

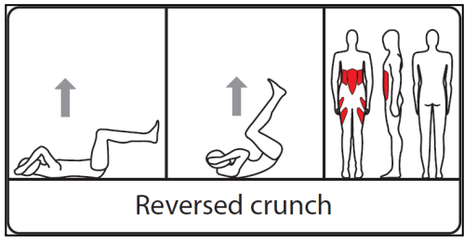

Lunge decline


Jumping squats on bench

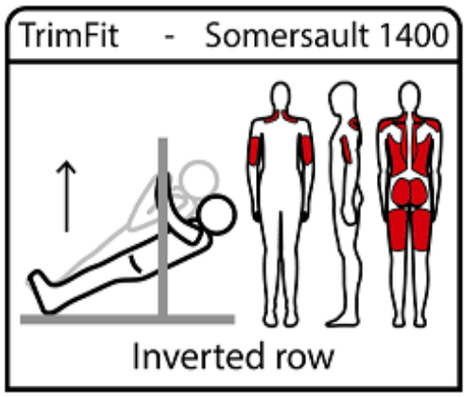

Lunge Incline


Chin up


Push up small


Reversed crunch

Somersault 1400



Trainingsdoel:

Afvallen | Fit blijven voor ouderen | Kracht

Instructies:

-Pak de stang beet met een onderhandse greep

-Trek je borst naar de stang toe

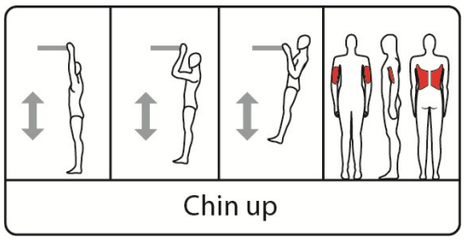
Ook geschikt voor:

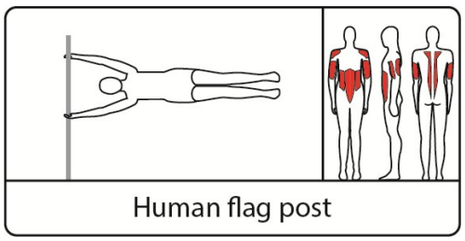
- Ouderen
- Bootcamp
- Parcours
- Mindervaliden

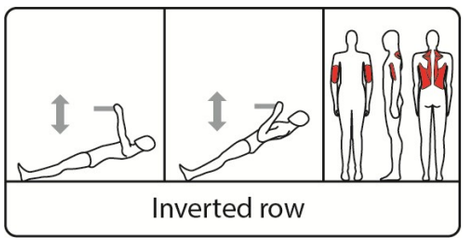
Alternatieve oefeningen:

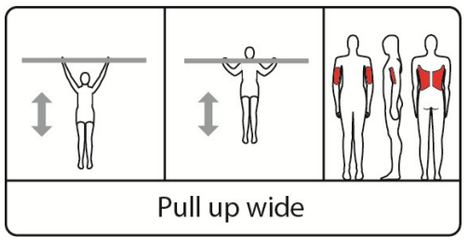
6

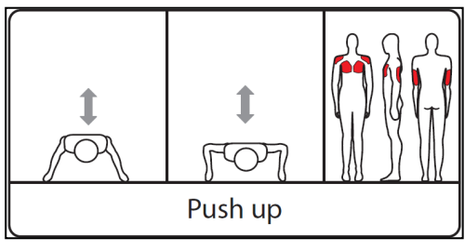
Alternatieve oefeningen Somersault 1400

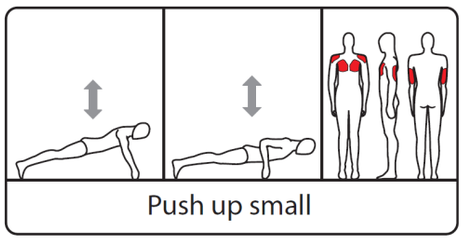

Chin up

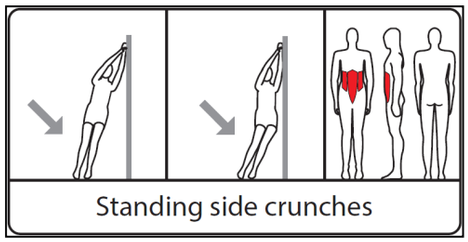

Human flag post

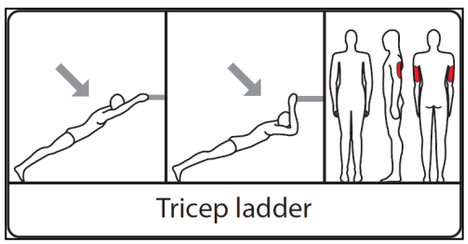

Inverted row


Pull up wide

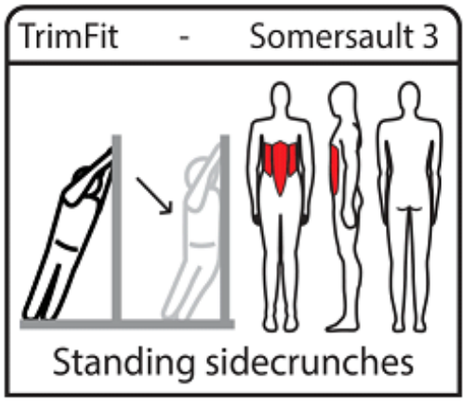

Push up


Push up small


Standing side crunches


Tricep ladder

Somersault 3



Trainingsdoel:

Instructies:

-Plaats de handen op de stang

-Maak het lichaam als een plank

-Laat de heupen doorzakken en duw ze weer omhoog

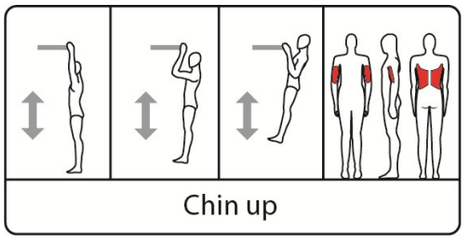
Ook geschikt voor:

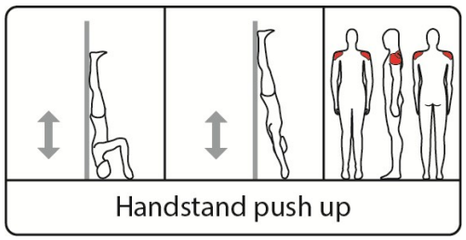
- Ouderen
- Bootcamp
- Parcours
- Mindervaliden

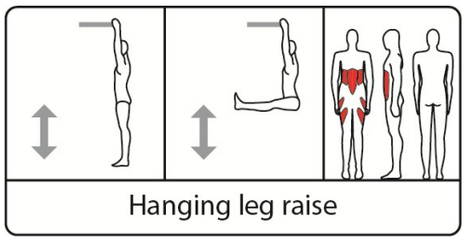
Alternatieve oefeningen:

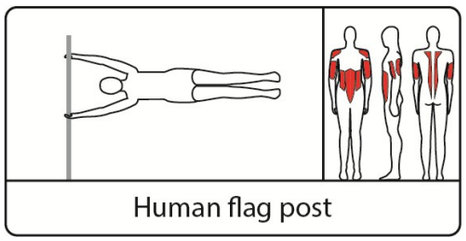
10

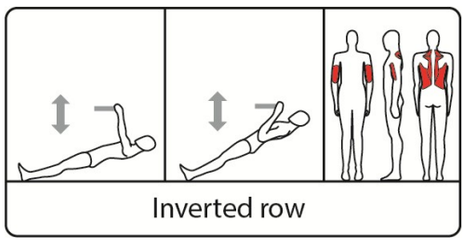
Alternatieve oefeningen Somersault 3

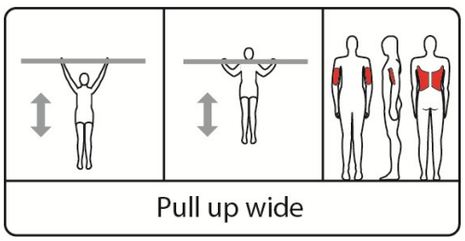

Chin up

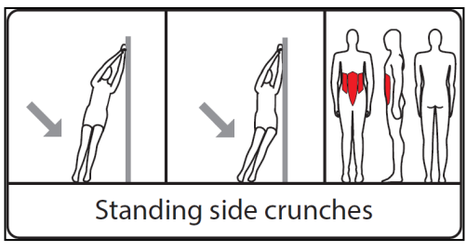

Handstand push up

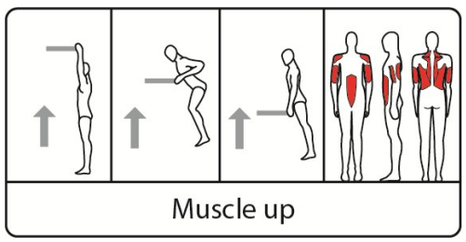

Hanging leg raise

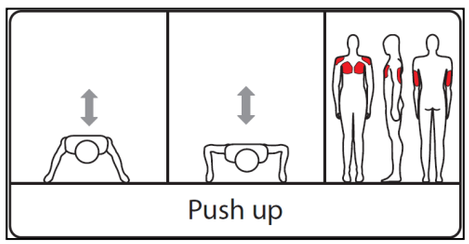

Human flag post

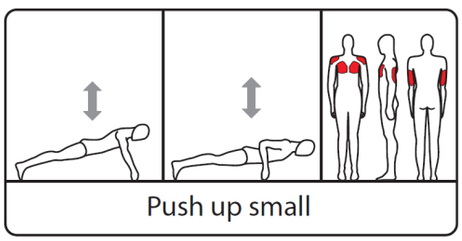

Inverted row

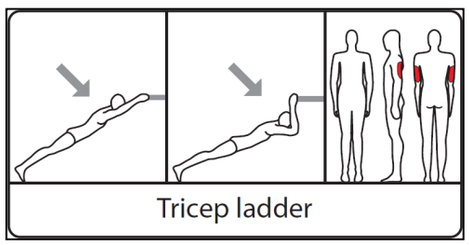

Pull up wide


Standing side crunches

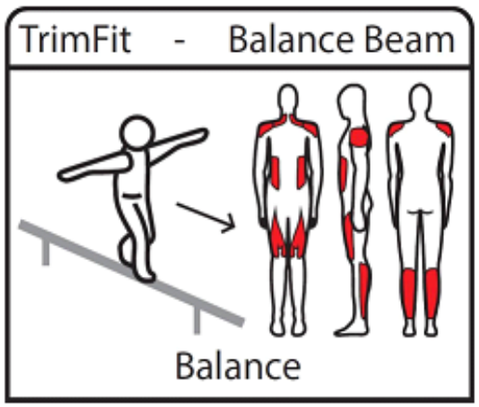

Muscle up


Push up


Push up small


Tricep ladder

Balance Beam



Trainingsdoel:

Fit blijven

Afvallen

Instructies:

-Stap voorzichtig op de balk

-Spreid de armen

-Probeer naar de andere kant te lopen

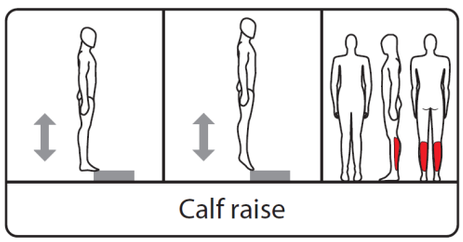
Ook geschikt voor:

- Parcours
- Bootcamp

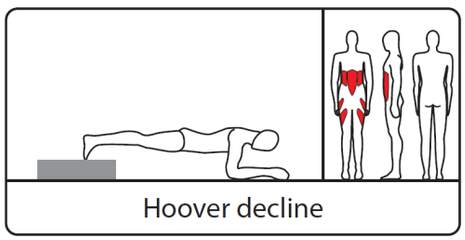
Alternatieve oefeningen:

14

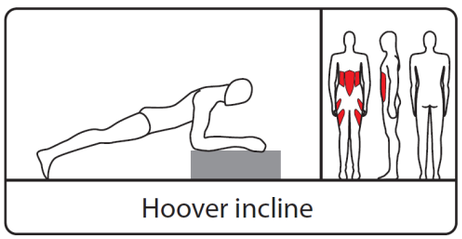
Alternatieve oefeningen Balance Beam



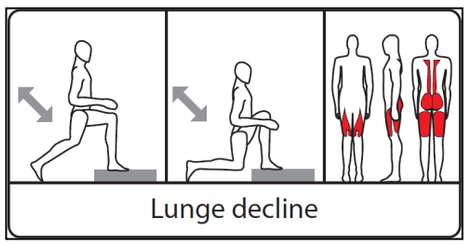
Calf raise



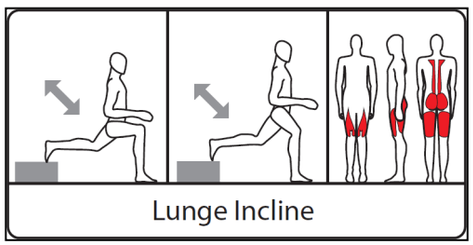
Hoover decline



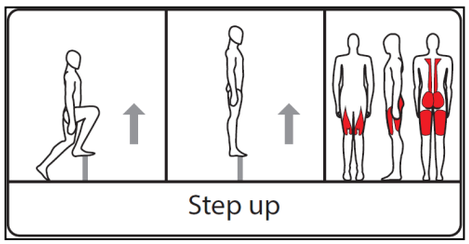
Hoover incline



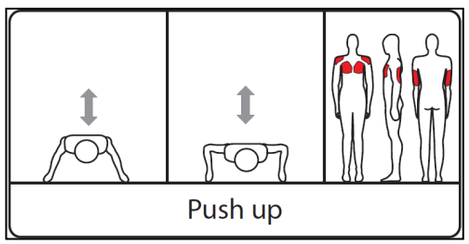
Lunge decline



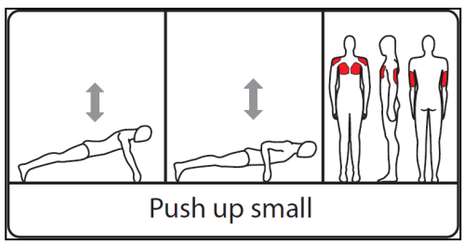
Lunge Incline



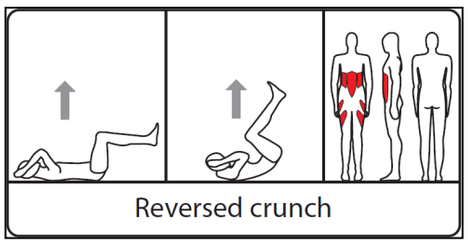
Step up



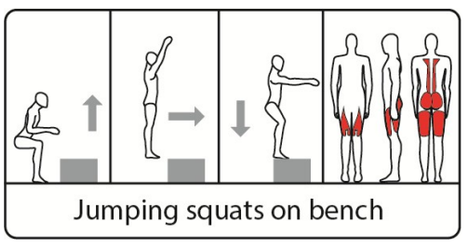
Push up



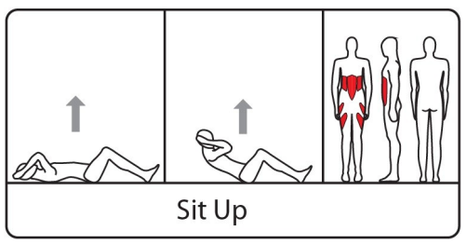
Push up small



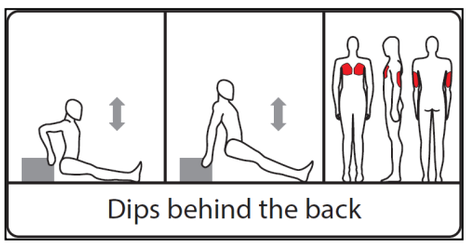
Reversed crunch



Jumping squats on bench

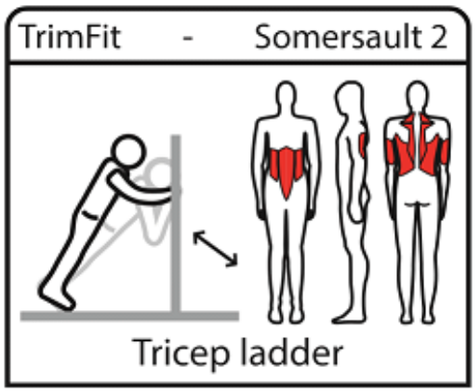


Sit Up



Dips behind the back

Somersault 2



Trainingsdoel:

Fit blijven Kracht

Instructies:

-Plaats je handen op de stang

-Laat het lichaam voorover leunen en buig daarbij de armen

- Strek daama je armen weer

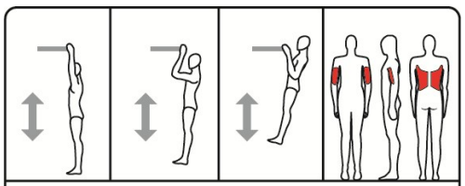
Ook geschikt voor:

- Ouderen
- Bootcamp
- Parcours
- Mindervaliden

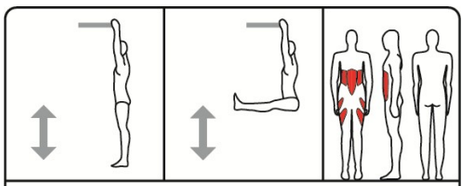
Alternatieve oefeningen:

6

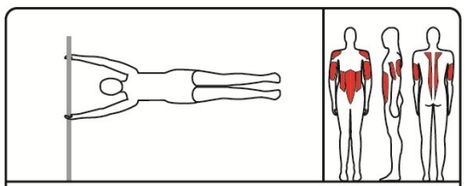
Alternatieve oefeningen Somersault 2



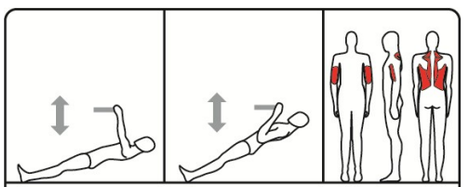
Chin up



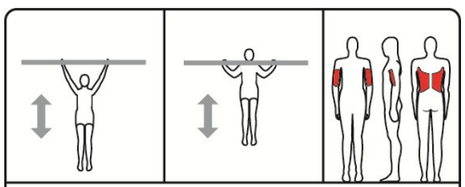
Hanging leg raise



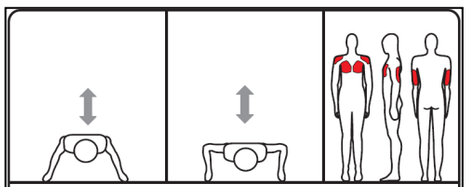
Human flag post



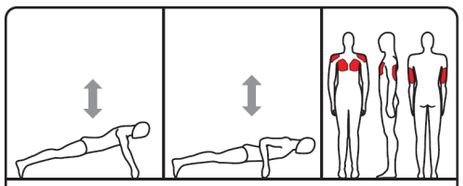
Inverted row



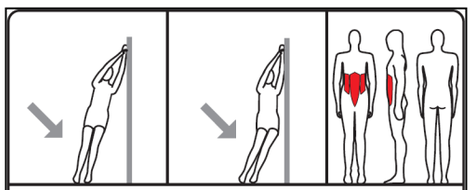
Pull up wide



Push up

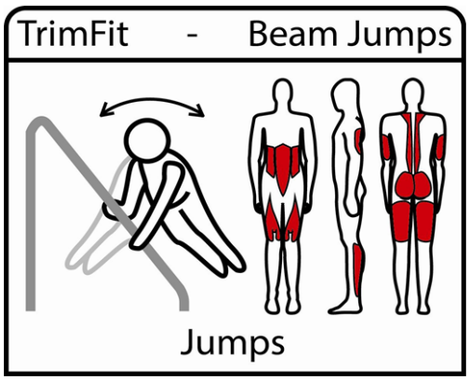


Push up small



Standing side crunches

Beam Jumps



Trainingsdoel:

Fit blijven Afvallen Conditie

Instructies:

-Plaats de handen op de stang

-Spring met behulp van je handen van de ene kant van de stang, naar de andere kant

Ook geschikt voor:

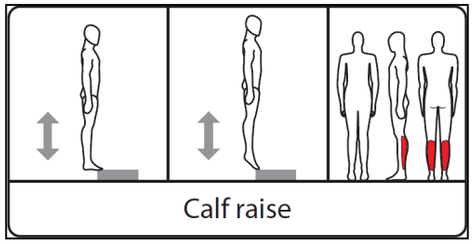
- Parcours
- Bootcamp

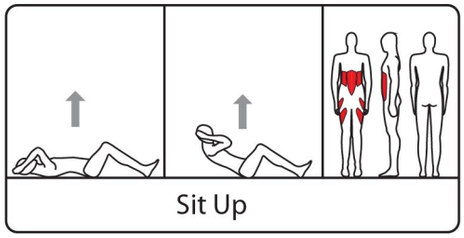
Alternatieve oefeningen:

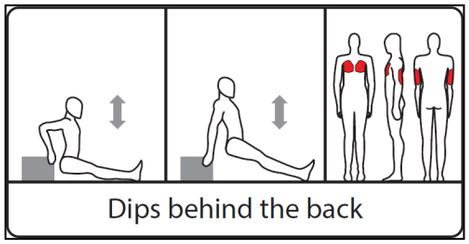
14

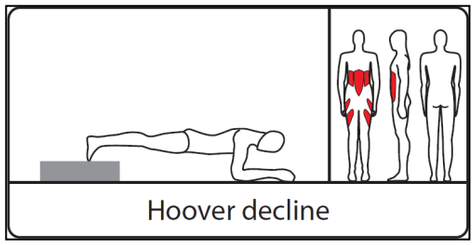
Alternatieve oefeningen

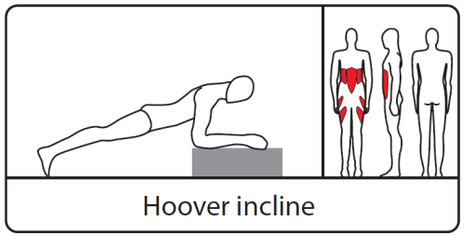
Beam Jumps

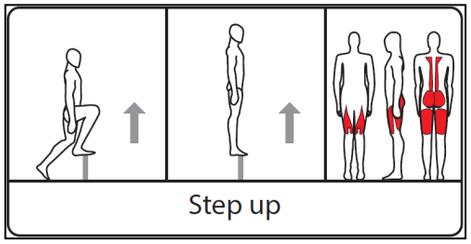


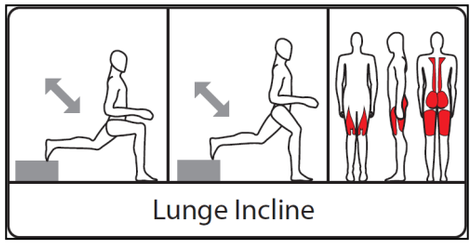


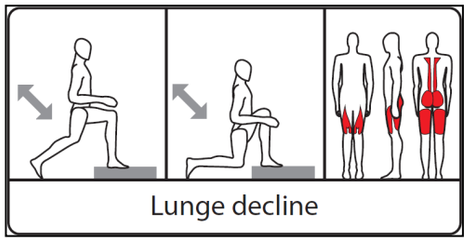


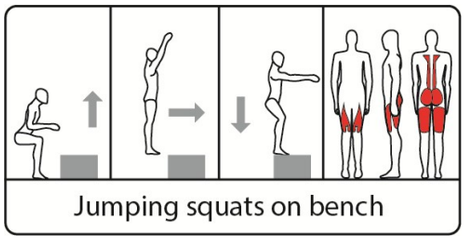




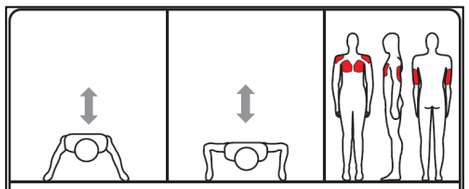




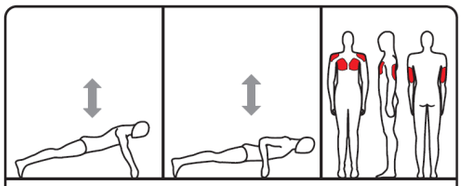




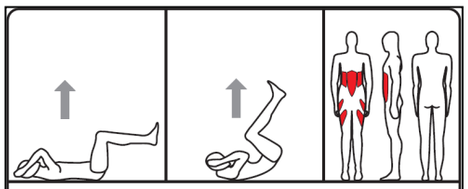
Alternatieve oefeningen
Beam Jumps



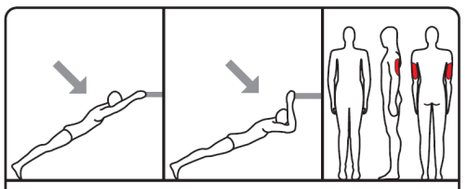
Push up



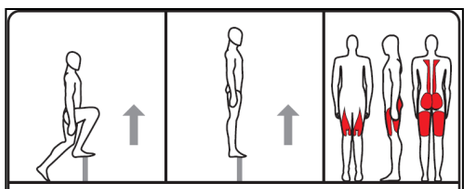
Push up small



Reversed crunch



Tricep ladder



Step up