

Week nummer :

Maandag - Upper Body							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Bench press	3	6-12	-				
Barbell row	3	6-12	-				
Shoulder press	3	8-12	-				
Pec deck	2	10-12	-				
Lat pulldown	2	10-12	-				
Side raise	2	10-15	-				
Tricep pushdown	3	8-12	-				
Barbell curl	3	8-12	-				

Dinsdag - Lower Body							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Squat	3	6-12	-				
Stiff-Legged Deadlift	3	8-12	-				
Standing calf raise	3	10-15	-				
Leg extension	2	10-12	-				
Lying leg curl	2	10-12	-				
Seated calf raise	2	10-12	-				
Cable crunch	3	10-12	-				
Standing oblique crunch	2	10-12	-				

Donderdag - Upper Body							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Incline dumbbell press	3	8-12	-				
Military press	3	8-12	-				
Chest press	2	8-12	-				
Seated rows	2	8-12	-				
Machine shoulder press	2	8-12	-				
Standing alternate dumbbell	3	8-12	-				

curl							
Tricep dips	3	8-12	-				
Rack pull	3	8-12	-				

Vrijdag - Lower Body							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
45 Degree Leg Press	3	10-20	-				
Stiff-Legged Dumbbell Deadlift	3	8-12	-				
Calf press	3	10-15	-				
Hack squat	2	8-12	-				
Seated leg curl	2	10-12	-				
Seated calf raise	2	10-12	-				
Hyperextensions	3	10-12	-				
Plank	3	60 sec	-				