

**Week nummer :**

Lower Body A							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
<a href="#">Squat</a>	3 / 4	6-8	-				
<a href="#">45 Degree Leg Press</a>	3	10	-				
<a href="#">Romanian Deadlift</a>	3 / 4	6-8	-				
<a href="#">Lying leg curl</a>	3	12	-				
<a href="#">Standing calf raise</a>	3	6	-				
<a href="#">Seated calf raise</a>	3	12	-				

Upper Body A							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
<a href="#">Barbell row</a>	4	8	-				
<a href="#">Reverse lat pulldown</a>	3	10	-				
<a href="#">Bench press</a>	4	8	-				
<a href="#">Incline bench press</a>	3	10	-				
<a href="#">Tricep dips</a>	1 / 2	*	-				
<a href="#">Preacher curl</a>	2	12	-				
<a href="#">Side raise</a>	3	10	-				

Lower Body B							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
<a href="#">Squat</a>	2 / 3	10-12	-				
<a href="#">45 Degree Leg Press</a>	3	10	-				
<a href="#">Romanian Deadlift</a>	3	10	-				
<a href="#">Barbell lunge</a>	3	12	-				
<a href="#">Standing calf raise</a>	3	8	-				
<a href="#">Seated calf raise</a>	2	15	-				



Upper Body B							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
<a href="#">Pull ups</a>	2 / 3	*	-				
<a href="#">One arm dumbbell row</a>	3	10	-				
<a href="#">Bench press</a>	3	10	-				
<a href="#">Incline bench press</a>	3	10	-				
<a href="#">Skull crushers</a>	3	8	-				
<a href="#">Incline dumbbell curl</a>	2	10	-				
<a href="#">Shoulder press</a>	3	10	-				