

|               |                       |   |   |   |                 |              |    |
|---------------|-----------------------|---|---|---|-----------------|--------------|----|
|               |                       |   |   |   |                 |              | KG |
| 1: Borst      | Flat benchpress       | - | - | - | 12 / 10 / 8     | 30-40-50     |    |
|               | Incline fly           | - | - | - | 12 / 10 / 8     | 20-30-40     |    |
| 2: Rug        | Wide grip pulley neck | - | - | - | 12 / 10 / 8     | 40-45-50     |    |
|               | One arm dumbel row    | - | - | - | 12 / 10 / 8     | 14-16-20     |    |
|               |                       |   |   |   |                 |              | KG |
| 3: Schouders  | OA Dumbelpress        | - | - | - | 12 / 10 / 8     | 12-14-16     |    |
|               | Lateral raise         | - | - | - | 10 / 8 / 8      | 15-20-25     |    |
| 4: Benen      | Squat (halter)        | - | - | - | 10 / 10 / 8 / 8 | 55-75-95     |    |
|               | Legpress              | - | - | - | 12 / 10 / 8     | 130-140      |    |
|               |                       |   |   |   |                 |              | KG |
| 5: Biceps     | Seated dumbelcurl-    | - | - | - | 12 / 10 / 8 / 6 | 20-25-30     |    |
|               | Standing barbell curl | - | - | - | 10 / 8 / 8      | 25-35-45     |    |
| 6: Triceps    | incline triceps ext.  | - | - | - | 12 / 10 / 8 / 6 | 100-120      |    |
|               | One arm dumbel ext.   | - | - | - | 12 / 10 / 8     | 10-11-12     |    |
|               |                       |   |   |   |                 |              | KG |
| 7: Nek        | -                     | - | - | - | -               | 10 / 10 / 10 | 22 |
| 8: Onderarmen | -                     | - | - | - | -               | 10 / 10 / 10 | 10 |
|               | -                     | - | - | - | -               | 10 / 10 / 10 | 20 |