

Week nummer :

MAANDAG - BORST EN TRICEPS							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Dumbbell bench press	4	8-10	-				
Incline bench press	3	8	-				
Decline dumbbell press	3	12	-				
Pec deck	3	12	-				
Incline dumbbell tricep extension	3	10	-				
Single arm pushdowns	3	12	-				

DINSdag - RUG EN BICEPS							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Deadlift	5	3	-				
Pull ups	*	24	-				
Lat pulldown	2	8	-				
Barbell row	3	10	-				
One arm dumbbell row	3	10	-				
Incline dumbbell curl	4	12	-				
Arnold curls	3	12	-				

DONDERdag - SCHOUDERS, TRICEPS EN BUIKSPIEREN							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Shoulder press	3	6	-				
Power Clean	3	6	-				
Seated front raise	3	12	-				
Seated side raise	3	12	-				
Seated bent over raise	3	12	-				
Bench dips	3	12	-				
Single arm	3	12	-				

pushdowns							
Crunches	3	15	-				
Hanging leg raise	3	12	-				

VRIJDAG - BENEN EN BICEPS							
Oefening	Sets	Herhalingen	Opmerkingen	Set 1	Set 2	Set 3	Set 4
Squat	5	3	-				
45 Degree Leg Press	3	10	-				
Lying leg curl	3	12	-				
Leg extension	3	12	-				
Seated calf raise	3	15	-				
21's	*	*	-				
Preacher curl	3	12	-				