

A

Oefening	Sets	Herhalingen	Rustperiode
Opwarmen - Fietsen 25 Km/u	*	*	*
Bench Press	4	6	60-80 sec.
Small Bench Press	4	8	60-80 sec.
Military press	4	8	60-80 sec.
Sumo Deadlift	4	6	70-90 sec.
Barbell Upright Row	4	8	60-80 sec.
Barbell Bent-Over Row	4	8	60-80 sec.
Dips	3	10	40-60 sec.
Barbell Curl	3	10	40-60 sec.

2-1-2 Rep timing

15-20 Reps 25% RPM (Opwarming per spiergroep)

75-85% RPM (Repetition Maximum)

40-100 sec. (Rustperiode tussen oefeningen)

C

Oefening	Sets	Herhalingen	Rustperiode
Opwarmen - Fietsen 25 Km/u	*	*	*
Squat	4	6	70-90 sec.
Leg Extension	4	8	60-80 sec.
Cable Hip Extension	4	6	60-80 sec.
Standing Calf Raise	4	8	60-80 sec.
Side Bend	3	15	60-80 sec.
Leg Crunches	3	15	60-80 sec.
Wrist Curl	3	12	40-60 sec.

2-1-2 Rep timing

15-20 Reps 25% RPM (Opwarming per spiergroep)

75-85% RPM (Repetition Maximum)

40-100 sec. (Rustperiode tussen oefeningen)

C

Oefening	Sets	Herhalingen	Rustperiode
Opwarmen - Fietsen 25 Km/u	*	*	*
Sumo Deadlift	4	6	70-90 sec.
Barbell Upright Row	4	8	60-80 sec.
T-Bar Row	4	8	60-80 sec.
Bench Press	4	6	60-80 sec.
Small Bench Press	4	8	60-80 sec.
Military press	4	8	60-80 sec.
Hammer Curl	3	10	40-60 sec.
Triceps Pushdown	3	10	40-60 sec.

2-1-2 Rep timing

15-20 Reps 25% RPM (Opwarming per spiergroep)

75-85% RPM (Repetition Maximum)

40-100 sec. (Rustperiode tussen oefeningen)