Maandag

|  |  |
| --- | --- |
| Oefening | Herhalingen |
| Pull Up | 4x5 |
| Barbell Row | 4x6 |
| One Arm Pulldown | 3x8 |
| Facepull | 3x10 |
| Hamstring Curl | 3x10 |
| Hammer Curl | 2x10 |
| Barbell Curl | 2x10 |
| Sets totaal | 21 |

Dinsdag

|  |  |
| --- | --- |
| Flat Bench | 4x6 |
| Overhead Press | 4x6 |
| Squat | 3x8 |
| Incline Dumbell | 3x8 |
| Side Raises | 2x15 |
| Skullcrushers | 3x10 |
| Leg Raises | 3x12 |
| Sets totaal | 22 |

Donderdag

|  |  |
| --- | --- |
| Chin Ups | 4x5 |
| One Arm Cable Row | 4x8 |
| PullDown Machine | 3x8 |
| Dumbell Deadlift | 3x8 |
| Rear Delt Fly | 2x12 |
| Bicep Curl | 3x10 |
| Leg Raises | 3x12 |
| Sets totaal | 22 |

Vrijdag

|  |  |
| --- | --- |
| Incline Bench | 4x6 |
| Squat | 4x6 |
| Dumbell Shoulder Press | 3x8 |
| Flat Dumbell | 3x8 |
| Low Fly | 2x12 |
| Side Raises | 2x12 |
| Rope Pushdown | 3x12 |
| Sets totaal | 21 |