

Dag 1 Maandag

Incline dumbbell press

Warmup

Start met licht gewicht	1 set	8-10	reps
Zwaarder gewicht	1 set	3-5	reps
Maximal gewicht	1 set	1-2	reps
1/6 Incline dumbbell press	3 sets	8-12	reps
2/6 Barbell squat	3 sets	6-8	reps
3/6 Dumbbell chest supported row	3 sets	8-12	reps
4/6 Legg curls	3 set	12-15	reps
5/6 6/6 Superset Biceps triceps	2x 3 sets	8-12	reps

Incline Dumbbells curls

Overhead Dumbbells extensions

Dag 2 Dinsdag Rust

Dag 3 Woensdag

Warmup Empty bar press

1/6 Barbel bench press	3 sets	4-6	reps
2/6 RM Deadlift	3 sets	6-8	reps
3/3 Latpull down	3 sets	8-12	reps
4/4 Legg press machine	3 sets	6-8	reps
5/5 Standing calf raises	3 sets	6-8	reps
6/6 Superset Sidedelts- abbs	2x 3 sets	10-15	reps

Dag 4 Donderdag Rust

Dag 5 Vrijdag

Warmup	Shoulder press machine	3 sets	10-15 reps
1/7	Seated shoulder press	3 sets	8-12 reps
2/7	Lat focus dumbbell row	3 sets	8-12 reps
3/7	Hip thrust	3 sets	8-12 reps
4/7	Legg extensions	3 sets	10-15 reps
5/7	Cable chest fly's	3 sets	10-15 reps
6/6	7/7 Superset	Rear Delts- Upper Delts	
	Face pulls	3 sets	8-10 reps
	Cable Kirk shrugs	3 sets	8-10 reps

Zaterdag en Zondag rust