

Maandag week 1 Borst Biceps Buik

Fly dumbels
Bench press
Incline press dumbels
Pek dek

Standing preacher curl
High pulley cable curl
Biceps curl up, hammer curl down
8-12 her. 3x

1 crunch
2 leg raise
3 side oblique (kettlebel)
4 sissors weighted

Woensdag Rug Triceps Buik

Lat pull down wide grip
Deadlift
Row barbell
Hyperextension

Skull crushers EZ
Rope triceps extension
Dips weighted
8-12 her. 3x

1 crunch
2 leg raise
3 side oblique (kettlebel)
4 sissors weighted

Vrijdag Benen Schouders Buik

Squat
Hamstring curl
Leg press
Lunges
Calf raises 2x till F

Military press dumbbell
Front raise
Side raise
Military press behind the neck barbell
8-12 her. 3x

Maandag week 2

Cable fly
Bench press
Incline cable press
small grip bench press

Standing preacher curl
low pulley cable curl
bicipes curl dumbel

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Lat pull down
deadlift
row dumbel
hyperextension

Skull crushers dumbel
Barbell triceps extension
Dips weighted

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Step up one leg
Static lunges smith machine
Leg extension
hamstring curl
Calf raises 2x till F

Military press dumbel
front raise schijf
side raise cable
rear deltoide