

Maandag (UB)	sets	reps	gedaan
Benchpress	4	1	
Dumbell triceps extention	4	5	
Dumbell shoulder press	4	5	
Pullups	4	5	
Facepulls met touwtje	3	10	
Zittend side raises	3	10	

Woensdag (LB + speed bench)	sets	reps	gedaan
Speed bench (45% + mini bands)	8	3	
Squat variatie:	4	1	
Goodmorning	4	10	
Barbell walking lunges (+ ls ds)	4	10	
Plated leg curl (+ ls ds)	4	10	
Buik	4	10	
Kuiten	4	10	

Vrijdag (UB)	sets	reps	gedaan
Benchpress met shirt	4	1	
Cable pushdown	4	10	
Cable side raise (2 handen)	4	10	
Cable rear raise	#	10	
Smith guillotine press	4	10	
Dumbell fly twist	4	10	
Latpulldown	4	10	
Cable closegrip row	4	10	

Zondag (LB)	sets	reps	gedaan
Speed safetybar box squat (45% + light choked)	10	2	
Deadlift	4	5	
Front squat	4	5	
Buik	4	10	
Kuiten	4	10	

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