

**Preparation periode (december) Week 1 Maandag**

|   |               |   |    |     |      |
|---|---------------|---|----|-----|------|
| 1 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 2 | 4  | 60% | 120  |
|   |               | 2 | 3  | 70% | 140  |
|   |               | 5 | 2  | 80% | 160  |
| 2 | Benchpress    | 1 | 5  | 50% | 60   |
|   |               | 1 | 4  | 60% | 72.5 |
|   |               | 2 | 3  | 70% | 85   |
|   |               | 6 | 3  | 80% | 95   |
| 3 | Chest muscles | 5 | 10 |     |      |
|   |               |   |    |     |      |
| 4 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 5  | 60% | 120  |
|   |               | 5 | 4  | 70% | 140  |
| 5 | Abs           | 3 | 10 |     |      |

**Woensdag**

|   |                         |   |    |     |      |
|---|-------------------------|---|----|-----|------|
| 1 | Deadlift                | 1 | 4  | 50% | 100  |
|   |                         | 1 | 4  | 60% | 120  |
|   |                         | 2 | 3  | 70% | 140  |
|   |                         | 5 | 3  | 80% | 160  |
| 2 | Benchpress              | 1 | 6  | 50% | 60   |
|   |                         | 1 | 5  | 60% | 72.5 |
|   |                         | 2 | 4  | 70% | 85   |
|   |                         | 2 | 3  | 75% | 90   |
|   |                         | 2 | 2  | 80% | 95   |
|   |                         | 2 | 3  | 75% | 90   |
|   |                         | 1 | 4  | 70% | 85   |
|   |                         | 1 | 6  | 65% | 77.5 |
|   |                         | 1 | 8  | 60% | 72.5 |
|   |                         | 1 | 10 | 50% | 60   |
| 3 | Chest muscles           | 5 | 10 |     |      |
| 4 | Deadlift tot knieën     | 1 | 4  | 50% | 100  |
|   |                         | 1 | 4  | 60% | 120  |
|   |                         | 5 | 4  | 70% | 140  |
| 5 | Goodmornings (standing) | 5 | 5  |     |      |

**Vrijdag**

|   |               |   |    |     |      |
|---|---------------|---|----|-----|------|
| 1 | Benchpress    | 1 | 5  | 50% | 60   |
|   |               | 1 | 4  | 60% | 72.5 |
|   |               | 2 | 3  | 70% | 85   |
|   |               | 5 | 3  | 80% | 95   |
| 2 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 4  | 60% | 120  |
|   |               | 2 | 3  | 70% | 140  |
|   |               | 6 | 3  | 80% | 160  |
| 3 | Benchpress    | 1 | 5  | 55% | 65   |
|   |               | 1 | 4  | 65% | 77.5 |
|   |               | 5 | 3  | 75% | 90   |
| 4 | Chest muscles | 5 | 10 |     |      |
| 5 | Abs           | 3 | 10 |     |      |

**Zaterdag**

|   |                        |   |   |     |     |
|---|------------------------|---|---|-----|-----|
| 1 | Deficit Deadlift       | 2 | 3 | 50% | 100 |
|   |                        | 4 | 2 | 60% | 120 |
| 2 | Incline Benchpress     | 6 | 4 |     |     |
| 3 | Dips (with weights)    | 5 | 6 |     |     |
| 4 | Rack pull              | 1 | 4 | 60% | 120 |
|   |                        | 2 | 4 | 70% | 140 |
|   |                        | 2 | 3 | 80% | 160 |
|   |                        | 4 | 2 | 90% | 180 |
| 5 | Goodmornings (seating) | 5 | 5 |     |     |

## Week2

### Maandag

|   |               |   |    |     |       |
|---|---------------|---|----|-----|-------|
| 1 | Benchpress    | 1 | 5  | 50% | 60    |
|   |               | 1 | 4  | 60% | 72.5  |
|   |               | 2 | 3  | 70% | 85    |
|   |               | 3 | 3  | 80% | 95    |
|   |               | 3 | 2  | 85% | 102.5 |
| 2 | Squat         | 1 | 5  | 50% | 100   |
|   |               | 1 | 4  | 60% | 120   |
|   |               | 2 | 3  | 70% | 140   |
|   |               | 5 | 3  | 80% | 160   |
| 3 | Benchpress    | 1 | 4  | 55% | 65    |
|   |               | 2 | 4  | 65% | 77.5  |
|   |               | 4 | 4  | 75% | 90    |
| 4 | Chest muscles | 5 | 10 |     |       |
| 5 | Abs           | 3 | 10 |     |       |

### Woensdag

|   |                         |   |    |     |      |
|---|-------------------------|---|----|-----|------|
| 1 | Deficit Deadlifts       | 1 | 2  | 50% | 100  |
|   |                         | 2 | 3  | 60% | 120  |
|   |                         | 4 | 2  | 65% | 130  |
| 2 | Benchpress              | 1 | 5  | 50% | 60   |
|   |                         | 1 | 4  | 60% | 72.5 |
|   |                         | 2 | 3  | 70% | 85   |
|   |                         | 3 | 2  | 80% | 95   |
|   |                         | 2 | 3  | 75% | 90   |
|   |                         | 1 | 4  | 70% | 85   |
|   |                         | 1 | 6  | 60% | 72.5 |
|   |                         | 1 | 8  | 50% | 60   |
| 3 | Chest muscles           | 5 | 10 |     |      |
| 4 | Deadlift                | 1 | 4  | 50% | 100  |
|   |                         | 1 | 4  | 60% | 120  |
|   |                         | 2 | 3  | 70% | 140  |
|   |                         | 5 | 3  | 80% | 160  |
| 5 | Goodmornings (standing) | 5 | 5  |     |      |

## Vrijdag

|   |               |   |    |     |      |
|---|---------------|---|----|-----|------|
| 1 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 4  | 60% | 120  |
|   |               | 2 | 3  | 70% | 140  |
|   |               | 5 | 3  | 80% | 160  |
| 2 | Benchpress    | 1 | 5  | 55% | 65   |
|   |               | 1 | 4  | 65% | 77.5 |
|   |               | 5 | 3  | 75% | 90   |
| 3 | Chest muscles | 5 | 10 |     |      |
| 4 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 5  | 60% | 120  |
|   |               | 4 | 4  | 70% | 140  |
| 5 | Abs           | 3 | 10 |     |      |

## Zaterdag

|   |                         |   |   |     |     |
|---|-------------------------|---|---|-----|-----|
| 1 | MP                      | 5 | 5 |     |     |
| 2 | Incline Benchpress      | 6 | 4 |     |     |
| 3 | Dips (with weights)     | 5 | 8 |     |     |
| 4 | Deadlift tot kniehoogte | 1 | 4 | 50% | 100 |
|   |                         | 1 | 4 | 60% | 120 |
|   |                         | 2 | 3 | 70% | 140 |
|   |                         | 5 | 2 | 75% | 150 |
| 5 | Goodmornings (seating)  | 5 | 5 |     |     |

**Week 3 Maandag**

|   |               |   |    |     |      |
|---|---------------|---|----|-----|------|
| 1 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 4  | 60% | 120  |
|   |               | 2 | 3  | 70% | 140  |
|   |               | 5 | 3  | 80% | 160  |
| 2 | Benchpress    | 1 | 5  | 50% | 60   |
|   |               | 1 | 4  | 60% | 72.5 |
|   |               | 2 | 3  | 70% | 85   |
|   |               | 6 | 3  | 80% | 95   |
| 3 | Chest muscles | 5 | 10 |     |      |
| 4 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 5  | 60% | 120  |
|   |               | 5 | 5  | 70% | 140  |
| 5 | Abs           | 3 | 10 |     |      |

**Woensdag**

|   |                         |   |    |     |       |
|---|-------------------------|---|----|-----|-------|
| 1 | Deadlift                | 1 | 4  | 50% | 100   |
|   |                         | 1 | 4  | 60% | 120   |
|   |                         | 2 | 3  | 70% | 140   |
|   |                         | 5 | 3  | 80% | 160   |
| 2 | Benchpress              | 1 | 8  | 50% | 60    |
|   |                         | 1 | 7  | 55% | 65    |
|   |                         | 1 | 6  | 60% | 72.5  |
|   |                         | 1 | 5  | 65% | 77.5  |
|   |                         | 1 | 4  | 70% | 85    |
|   |                         | 2 | 3  | 75% | 90    |
|   |                         | 2 | 2  | 80% | 95    |
|   |                         | 2 | 2  | 85% | 102.5 |
|   |                         | 2 | 1  | 80% | 95    |
|   |                         | 2 | 3  | 75% | 90    |
|   |                         | 1 | 4  | 70% | 85    |
|   |                         | 1 | 6  | 65% | 77.5  |
|   |                         | 1 | 8  | 60% | 72.5  |
|   |                         | 1 | 10 | 55% | 65    |
|   |                         | 1 | 12 | 50% | 60    |
| 3 | Chest muscles           | 5 | 10 |     |       |
| 4 | Deadlift tot kniehoogte | 1 | 4  | 50% | 100   |
|   |                         | 1 | 4  | 60% | 120   |
|   |                         | 5 | 4  | 70% | 140   |
| 5 | Goodmornings (seating)  | 5 | 5  |     |       |

## Vrijdag

|   |                     |   |    |     |      |
|---|---------------------|---|----|-----|------|
| 1 | Squat               | 1 | 5  | 50% | 100  |
|   |                     | 1 | 4  | 60% | 120  |
|   |                     | 2 | 3  | 70% | 140  |
|   |                     | 3 | 3  | 80% | 160  |
|   |                     | 3 | 2  | 85% | 170  |
| 2 | Benchpress          | 1 | 5  | 50% | 60   |
|   |                     | 1 | 4  | 60% | 72.5 |
|   |                     | 2 | 3  | 70% | 85   |
|   |                     | 6 | 3  | 80% | 95   |
| 3 | Chest muscles       | 5 | 10 |     |      |
| 4 | Squat               | 1 | 6  | 50% | 100  |
|   |                     | 1 | 6  | 60% | 120  |
|   |                     | 4 | 6  | 65% | 130  |
| 5 | Dips (with weights) | 6 | 6  |     |      |
| 6 | Abs                 | 3 | 10 |     |      |

## Zaterdag

|   |                         |   |   |     |      |
|---|-------------------------|---|---|-----|------|
| 1 | Deficit Deadlift        | 1 | 3 | 50% | 100  |
|   |                         | 2 | 3 | 60% | 120  |
|   |                         | 4 | 3 | 65% | 130  |
| 2 | Benchpress              | 1 | 6 | 50% | 60   |
|   |                         | 1 | 6 | 60% | 72.5 |
|   |                         | 5 | 6 | 65% | 77.5 |
| 3 | Triceps                 | 5 | 6 |     |      |
| 4 | Rack pull               | 1 | 4 | 60% | 120  |
|   |                         | 2 | 4 | 70% | 140  |
|   |                         | 2 | 4 | 80% | 160  |
|   |                         | 4 | 4 | 85% | 170  |
| 5 | Goodmornings (standing) | 5 | 5 |     |      |

## Week 4

### Maandag

|   |               |   |    |     |       |
|---|---------------|---|----|-----|-------|
| 1 | Squat         | 1 | 5  | 50% | 100   |
|   |               | 1 | 4  | 60% | 120   |
|   |               | 2 | 3  | 70% | 140   |
|   |               | 7 | 3  | 80% | 160   |
| 2 | Benchpress    | 1 | 5  | 50% | 60    |
|   |               | 1 | 4  | 60% | 72.5  |
|   |               | 2 | 3  | 70% | 85    |
|   |               | 2 | 3  | 80% | 95    |
|   |               | 3 | 2  | 85% | 102.5 |
|   |               | 2 | 3  | 80% | 95    |
| 3 | Dips weighted | 5 | 6  |     |       |
| 4 | Chest muscles | 5 | 10 |     |       |
| 5 | Abs           | 3 | 10 |     |       |

### Woensdag

|   |                         |   |    |     |      |
|---|-------------------------|---|----|-----|------|
| 1 | Deficit Deadlift        | 1 | 3  | 50% | 100  |
|   |                         | 2 | 3  | 60% | 120  |
|   |                         | 4 | 2  | 70% | 140  |
| 2 | Benchpress              | 1 | 5  | 50% | 60   |
|   |                         | 1 | 5  | 60% | 72.5 |
|   |                         | 2 | 5  | 70% | 85   |
|   |                         | 5 | 4  | 75% | 90   |
| 3 | Chest muscles           | 5 | 10 |     |      |
| 4 | Deadlift                | 1 | 4  | 50% | 100  |
|   |                         | 1 | 4  | 60% | 120  |
|   |                         | 2 | 3  | 70% | 140  |
|   |                         | 3 | 3  | 80% | 160  |
|   |                         | 3 | 2  | 85% | 170  |
| 5 | Goodmornings (standing) | 5 | 5  |     |      |

**Vrijdag**

|   |               |   |    |     |      |
|---|---------------|---|----|-----|------|
| 1 | Squat         | 1 | 5  | 50% | 100  |
|   |               | 1 | 4  | 60% | 120  |
|   |               | 2 | 3  | 70% | 140  |
|   |               | 3 | 3  | 80% | 160  |
|   |               | 3 | 2  | 85% | 170  |
| 2 | Benchpress    | 1 | 5  | 50% | 60   |
|   |               | 1 | 4  | 60% | 72.5 |
|   |               | 2 | 3  | 70% | 85   |
|   |               | 6 | 3  | 80% | 95   |
| 3 | Dips wieghted | 5 | 6  |     |      |
| 4 | Chest muscles | 5 | 10 |     |      |
| 5 | Squat         | 1 | 4  | 55% | 110  |
|   |               | 1 | 3  | 65% | 130  |
|   |               | 5 | 3  | 75% | 150  |
| 6 | Abs           | 5 | 10 |     |      |



## Competition period (januari) week1

### Maandag

|   |               |   |    |     |      |
|---|---------------|---|----|-----|------|
| 1 | Squat         | 1 | 3  | 50% | 100  |
|   |               | 2 | 3  | 60% | 120  |
|   |               | 2 | 3  | 70% | 140  |
|   |               | 3 | 2  | 75% | 150  |
| 2 | Benchpress    | 1 | 3  | 50% | 60   |
|   |               | 1 | 3  | 60% | 72.5 |
|   |               | 2 | 3  | 70% | 85   |
|   |               | 3 | 2  | 75% | 90   |
| 3 | Chest muscles | 4 | 8  |     |      |
| 4 | Abs           | 3 | 10 |     |      |

### Woensdag

|            |     |   |          |         |
|------------|-----|---|----------|---------|
| Squat      | 1   | 3 | 50%      | 100     |
|            | 1   | 3 | 60%      | 120     |
|            | 2   | 2 | 70%      | 140     |
|            | 2   | 2 | 80%      | 160     |
|            | 1   | 1 | 90%      | 180     |
|            | 2-3 | 1 | 95%-100% | 190-200 |
| Benchpress | 1   | 3 | 50%      | 60      |
|            | 1   | 3 | 60%      | 72.5    |
|            | 2   | 3 | 70%      | 85      |
|            | 2   | 2 | 80%      | 95      |
|            | 1   | 1 | 90%      | 107.5   |
|            | 2-3 | 1 | 95%-100% | 115-120 |
| Deadlift   | 1   | 3 | 50%      | 100     |
|            | 1   | 3 | 60%      | 120     |
|            | 2   | 2 | 70%      | 140     |
|            | 1   | 2 | 80%      | 160     |
|            | 1   | 1 | 90%      | 180     |
|            | 2-3 | 1 | 95%-100% | 190-200 |

### Vrijdag

|   |                        |   |    |     |      |
|---|------------------------|---|----|-----|------|
| 1 | Squat                  | 1 | 3  | 50% | 100  |
|   |                        | 1 | 3  | 60% | 120  |
|   |                        | 2 | 3  | 70% | 140  |
|   |                        | 6 | 2  | 80% | 160  |
| 2 | Benchpress             | 1 | 3  | 50% | 60   |
|   |                        | 1 | 3  | 60% | 72.5 |
|   |                        | 2 | 3  | 70% | 85   |
|   |                        | 6 | 3  | 80% | 95   |
| 3 | Chest muscles          | 5 | 10 |     |      |
| 4 | Squat                  | 1 | 3  | 55% | 110  |
|   |                        | 1 | 3  | 65% | 130  |
|   |                        | 4 | 3  | 75% | 150  |
| 5 | Goodmornings (seating) | 5 | 5  |     |      |

## Zaterdag

|   |                     |   |    |     |     |
|---|---------------------|---|----|-----|-----|
| 1 | Deadlift tot knieen | 1 | 4  | 50% | 100 |
|   |                     | 1 | 4  | 60% | 120 |
|   |                     | 4 | 4  | 70% | 140 |
| 2 | Incline Benchpress  | 6 | 4  |     |     |
| 3 | Dips (with weights) | 5 | 6  |     |     |
| 4 | Rack pull           | 1 | 3  | 55% | 110 |
|   |                     | 1 | 3  | 65% | 130 |
|   |                     | 2 | 3  | 75% | 150 |
|   |                     | 4 | 3  | 85% | 170 |
| 5 | Abs                 | 5 | 10 |     |     |

**Week 2 Maandag**

|          |               |   |    |     |       |
|----------|---------------|---|----|-----|-------|
| <b>1</b> | Squat         | 1 | 3  | 50% | 100   |
|          |               | 1 | 3  | 60% | 120   |
|          |               | 2 | 3  | 70% | 140   |
|          |               | 3 | 3  | 80% | 160   |
|          |               | 3 | 2  | 85% | 170   |
| <b>2</b> | Benchpress    | 1 | 3  | 50% | 60    |
|          |               | 1 | 3  | 60% | 72.5  |
|          |               | 2 | 3  | 70% | 85    |
|          |               | 2 | 2  | 80% | 95    |
|          |               | 2 | 1  | 90% | 107.5 |
|          |               | 2 | 2  | 80% | 95    |
| <b>3</b> | Chest muscles | 4 | 8  |     |       |
| <b>4</b> | Squat         | 1 | 4  | 50% | 100   |
|          |               | 1 | 4  | 60% | 120   |
|          |               | 4 | 4  | 70% | 140   |
| <b>5</b> | Abs           | 3 | 10 |     |       |

**Woensdag**

|          |                         |    |   |     |      |
|----------|-------------------------|----|---|-----|------|
| <b>1</b> | Deadlift                | 1  | 3 | 50% | 100  |
|          |                         | 1  | 3 | 60% | 120  |
|          |                         | 2  | 3 | 70% | 140  |
|          |                         | 3  | 3 | 80% | 160  |
|          |                         | 3  | 2 | 85% | 170  |
| <b>2</b> | Benchpress              | 1  | 3 | 50% | 60   |
|          |                         | 1  | 3 | 60% | 72.5 |
|          |                         | 2  | 3 | 70% | 85   |
|          |                         | 5  | 3 | 80% | 95   |
| <b>3</b> | Chest muscles           | 10 | 5 |     |      |
| <b>4</b> | Deadlift up to knees    | 3  | 1 | 55% | 110  |
|          |                         | 3  | 1 | 65% | 130  |
|          |                         | 3  | 4 | 75% | 150  |
| <b>5</b> | Goodmornings (standing) | 5  | 5 |     |      |

## Vrijdag

|   |               |   |    |     |       |
|---|---------------|---|----|-----|-------|
| 1 | Squat         | 1 | 3  | 50% | 100   |
|   |               | 1 | 3  | 60% | 120   |
|   |               | 2 | 3  | 70% | 140   |
|   |               | 5 | 3  | 80% | 160   |
| 2 | Benchpress    | 1 | 3  | 50% | 60    |
|   |               | 1 | 3  | 60% | 72.5  |
|   |               | 2 | 3  | 70% | 85    |
|   |               | 2 | 2  | 80% | 95    |
|   |               | 3 | 1  | 85% | 102.5 |
| 3 | Chest muscles | 5 | 10 |     |       |
| 4 | Squat         | 1 | 3  | 55% | 110   |
|   |               | 1 | 3  | 65% | 130   |
|   |               | 4 | 2  | 75% | 150   |
| 5 | Abs           | 3 | 10 |     |       |

## Zaterdag

|   |                        |   |   |     |      |
|---|------------------------|---|---|-----|------|
| 1 | Benchpress             | 1 | 3 | 55% | 65   |
|   |                        | 2 | 3 | 65% | 77.5 |
|   |                        | 5 | 3 | 75% | 90   |
| 2 | Dips                   | 5 | 4 |     |      |
| 3 | Deadlift               | 1 | 3 | 50% | 100  |
|   |                        | 1 | 3 | 60% | 120  |
|   |                        | 2 | 3 | 70% | 140  |
|   |                        | 6 | 2 | 80% | 160  |
| 4 | Goodmornings (seating) | 5 | 5 |     |      |

**Week 3 Maandag**

|   |                         |   |   |     |       |
|---|-------------------------|---|---|-----|-------|
| 1 | Benchpress              | 1 | 3 | 50% | 60    |
|   |                         | 1 | 3 | 60% | 72.5  |
|   |                         | 2 | 3 | 70% | 85    |
|   |                         | 2 | 2 | 80% | 95    |
|   |                         | 2 | 1 | 85% | 102.5 |
| 2 | Squat                   | 1 | 3 | 50% | 100   |
|   |                         | 1 | 3 | 60% | 120   |
|   |                         | 2 | 3 | 70% | 140   |
|   |                         | 5 | 2 | 80% | 160   |
| 3 | Benchpress              | 1 | 3 | 55% | 65    |
|   |                         | 1 | 3 | 65% | 77.5  |
|   |                         | 4 | 2 | 75% | 90    |
| 4 | Chest muscles           | 4 | 8 |     |       |
| 5 | Goodmornings (standing) | 5 | 4 |     |       |

**Woensdag**

|   |               |   |   |     |      |
|---|---------------|---|---|-----|------|
| 1 | Benchpress    | 1 | 3 | 50% | 60   |
|   |               | 2 | 3 | 60% | 72.5 |
|   |               | 2 | 3 | 70% | 85   |
|   |               | 6 | 3 | 80% | 95   |
| 2 | Chest muscles | 4 | 8 |     |      |
| 3 | Deadlift      | 1 | 3 | 50% | 100  |
|   |               | 1 | 3 | 60% | 120  |
|   |               | 2 | 2 | 70% | 140  |
|   |               | 5 | 2 | 80% | 160  |
| 4 | Abs           | 3 | 8 |     |      |

**Vrijdag**

|   |                        |   |   |     |      |
|---|------------------------|---|---|-----|------|
| 1 | Squat                  | 1 | 3 | 50% | 100  |
|   |                        | 1 | 3 | 60% | 120  |
|   |                        | 2 | 3 | 70% | 140  |
|   |                        | 2 | 2 | 80% | 160  |
|   |                        | 2 | 1 | 85% | 170  |
| 2 | Benchpress             | 1 | 3 | 50% | 60   |
|   |                        | 1 | 3 | 60% | 72.5 |
|   |                        | 2 | 3 | 70% | 85   |
|   |                        | 5 | 2 | 80% | 95   |
| 3 | Chest muscles          | 4 | 8 |     |      |
| 4 | Squat                  | 1 | 3 | 55% | 110  |
|   |                        | 1 | 3 | 65% | 130  |
|   |                        | 4 | 3 | 75% | 150  |
| 5 | Goodmornings (seating) | 4 | 4 |     |      |

## Zaterdag

|   |                    |   |   |     |     |
|---|--------------------|---|---|-----|-----|
| 1 | Incline Benchpress | 5 | 3 |     |     |
| 2 | Dips               | 5 | 4 |     |     |
| 3 | Deadlift           | 1 | 3 | 50% | 100 |
|   |                    | 2 | 3 | 60% | 120 |
|   |                    | 2 | 3 | 70% | 140 |
|   |                    | 4 | 3 | 75% | 150 |
| 4 | Abs                | 4 | 8 |     |     |

**Week 4 Maandag**

|   |                         |   |   |     |      |
|---|-------------------------|---|---|-----|------|
| 1 | Squat                   | 1 | 3 | 50% | 100  |
|   |                         | 2 | 3 | 60% | 120  |
|   |                         | 2 | 3 | 70% | 140  |
|   |                         | 4 | 2 | 80% | 160  |
| 2 | Benchpress              | 1 | 3 | 50% | 60   |
|   |                         | 1 | 3 | 60% | 72.5 |
|   |                         | 2 | 3 | 70% | 85   |
|   |                         | 5 | 2 | 80% | 95   |
| 3 | Chest muscles           | 4 | 6 |     |      |
| 4 | Goodmornings (standing) | 4 | 4 |     |      |

**Woensdag**

|   |               |   |   |     |      |
|---|---------------|---|---|-----|------|
| 1 | Benchpress    | 1 | 3 | 50% | 60   |
|   |               | 2 | 3 | 60% | 72.5 |
|   |               | 2 | 3 | 70% | 85   |
|   |               | 4 | 2 | 80% | 95   |
| 2 | Chest muscles | 3 | 6 |     |      |
| 3 | Deadlift      | 1 | 3 | 50% | 100  |
|   |               | 2 | 2 | 60% | 120  |
|   |               | 2 | 2 | 70% | 140  |
|   |               | 4 | 2 | 75% | 150  |
| 4 | Abs           | 3 | 8 |     |      |

**Vrijdag**

|   |                        |   |   |     |      |
|---|------------------------|---|---|-----|------|
| 1 | Squat                  | 1 | 3 | 50% | 100  |
|   |                        | 1 | 3 | 60% | 120  |
|   |                        | 2 | 3 | 70% | 140  |
|   |                        | 3 | 2 | 75% | 150  |
| 2 | Benchpress             | 1 | 3 | 50% | 60   |
|   |                        | 1 | 3 | 60% | 72.5 |
|   |                        | 2 | 3 | 70% | 85   |
|   |                        | 4 | 2 | 80% | 95   |
| 3 | Chest muscles          | 3 | 6 |     |      |
| 4 | Goodmornings (seating) | 4 | 4 |     |      |