

Rug	<i>Week 1</i>
1. Deadlift	<i>(12-10-8-6-4/1)</i>
2. Underhand Chinnen	<i>(3*8-10)</i>
3. Pandlay Row	<i>(12-10-8)</i>
4. Machine Row	<i>(Dropset)</i>
5. Cable Pull Through	<i>(3*15)</i>
Borst – Buik	<i>Week 1</i>
1. Benchpress	<i>(15-12-10-8-6)</i>
2. Incline Dumbbell Press	<i>(12-10-8/6)</i>
3. Decline Cable Fly	<i>(15-12-10)</i>
4. Fly Machine	<i>(Dropset)</i>
5. Machine Crunch	<i>(12-10-8)</i>
6. Side Bends	<i>(15-12-10)</i>
Benen	<i>Week 1</i>
1. Squat	<i>(15-12-10-8-6)</i>
2. Lunges	<i>(3*10)</i>
3. Stiff Legged Deadlift	<i>(12-10-8)</i>
4. Leg Extensions	<i>(12-10-8)</i>
5. Single Leg Curl	<i>(3*10)</i>
6. Standing Calve Raise	<i>(15-12-10)</i>
Biceps + Triceps	<i>Week 1</i>
1. Barbell Curl	<i>(3*10)</i>
2. EZ Bar Spider Curls	<i>(3*12-8)</i>
3. Dips	<i>(12-10-8)</i>
4. Pushdowns	<i>(15-12-10)</i>
5A. Low Cross-over Curl (Cable)	
5B. Cross-over Triceps Extensions (Cable)	
Schouders + Traps	<i>Week 1</i>
1. Seated Military Press	<i>(15-12-10-8-6)</i>
2. Side Raise	<i>(2*CS,2*SS,1*SH)</i>
3. Upright Row	<i>(12-10-8)</i>
4. Barbell Shrugs	<i>(12-10-8)</i>
5. Rear Lateral Raise	<i>(2*CS,2*SS,1*SH)</i>

Rug	<i>Week 2</i>
1. Chinnen	<i>(3*8-10)</i>
2. BOR	<i>(12-10-8/6)</i>
3. T-Bar Row	<i>(12-10-8)</i>
4. Machine Lat-Pull	<i>(Dropset)</i>
5. Hyperextensions	<i>(3*10)</i>
Borst – Buik	<i>Week 2</i>
1. Incline Benchpress	<i>(15-12-10-8-6)</i>
2. Flat Dumbbell Press	<i>(12-10-8/6)</i>
3. Incline Dumbbell Fly	<i>(12-10-8)</i>
4. Decline Widegrip BP	<i>(Dropset)</i>
5. Cable Crunch	<i>(12-10-8)</i>
6. Leg Raise	<i>(15-12-10)</i>
Benen	<i>Week 2</i>
1. Front Squat	<i>(15-12-10-8-6)</i>
2. Leg Press	<i>(3*10)</i>
3. Stiff Legged Deadlift	<i>(12-10-8)</i>
4. Single Leg Extensions	<i>(12-10-8)</i>
5. Leg Curl	<i>(3*10)</i>
6. Standing Calve Raise	<i>(15-12-10)</i>
Biceps + Triceps	<i>Week 2</i>
1. Preacher Curl	<i>(3*10)</i>
2. Dumbbell Hammer Curl	<i>(15-12-10)</i>
3. Close Grip Benchpress	<i>(12-10-8)</i>
4. Skull Crushers	<i>(15-12-10)</i>
5A. Low Cross-over Curl (Cable)	
5B. Cross-over Triceps Extensions (Cable)	
Schouders + Traps	<i>Week 2</i>
1. Seated Dumbbell Press	<i>(15-12-10-8-6)</i>
2. Side Raise	<i>(2*CS,2*SS,1*SH)</i>
3. Cable Front Raise	<i>(12-10-8)</i>
4. Dumbbell Shrugs	<i>(12-10-8)</i>
5. Face Pulls	<i>(15-12-10)</i>