

Rug 3x10
Deadlift
Pull-ups
Seated cable row
Lat pull down
Hyper extensions

Biceps 3x10
Sitting dumbbell curls
Preacher curls
Hammer curls

Benen 3x10
Squat
Leg press
Lunges
Seated leg curls
Leg extensions
Seated calf raises
Standing calf raises

Buik(2x in de week)
Planking
Knee raises
situps

Borst 3x10
Bench press
Incline Bench press
Decline Bench press
Flys
Cable cross

Shoulders 3x10
Shoulder press
Front raises
Side raises
Upright row
Shrugs

Triceps 3x10
bar pulldown
Rope pulldown
Dippen