Training

Dag 1 Legday

Leg extension	4x 15 reps
Squat	3x 10-8 reps
Leg press	4x 10 reps
Seated Leg curl	3x 15 reps
Walking Lunges	3x 20 stappen

Dag 2 Chest & Triceps & Calfs

Cable fly (knijpsetjes)	3x 15 reps
Machine chest press	3x 10 reps
Incline dumbell press	3x 12 reps

Superset (3 sets)

Triceps met touw (knijpen)	15 reps
Triceps met V-grip	12 reps
Dips vanuit bankje	10 reps
Straight leg calf raise	3x 15 reps
One leg standing calf raise	3x 12 reps

Dag 3 Rug & Schouders & Biceps

Pull ups	3x 10 reps
Barbell Row	3x 10 reps
Lat pulldown	3x 12 reps
Shoulder press dumbell	3x 12 reps
Side raise dumbell	3x 12 reps
Reverse fly	3x 12 reps
Cable curl	3x 15 reps
EZ-bar curl	3x 15 reps
Machine Curl	3x 15 reps