			A	B	C	D	Hyperthrophy	Strength						
Main			SQ	BP	DL	MP	EMH + 3-6 x 6-10	4-6 x 3-6						
Accessory			DL	MP	SQ	BP	3x6	2-3-4-4 x 5						
Assistance fase 1+2			Glutes/hams 1	Pull-ups BW	Quads 2	Pull-ups weighted	2-3x8							
			Quads 1	Bench-a	Glutes/hams 2	MP-a	2-3x8							
			Rows	Abs	Rows	Abs	3-5x8							
assistance fase 3			Glutes/hams	Rows	Quads	Pullups		4-6 x 8+						
			Abs											
	Doel	Frequentie	Accessory SQ	Accessory DL	Accessory BP	Accessory MP	Quads 1	Quad 2	Hams/glutes 1	Hams/glutes 2	BP-a	MP-a		
Fase 1a - 6 weken	Hyperthrophy	ABC-DAB-CDA..	FSQ	Romanian	Legs up	Dips	Bulg. spl. SQ	Lunges	GHR	SLDL	Spoto	CGBP		
Fase 1b - 6 weken	Hyperthrophy	ABC-DAB-CDA..	Oly	Block	Pin	Push press	FSQ	Step-ups	GHR	Hip thrusts	Extra wide	3 way raises	(front,side,rear delt)	
Fase 1c - 6 weken	Hyperthrophy	ABC-DAB-CDA..	Paused	Paused	Paused	High incline	Bulg. spl. SQ	Lunges	GHR	GM	Medium	Zydrunas		
Fase 2 - 6 weken	Transition (6 reps)	ABCD-ABCD...	Regular	Regular	Regular	Regular	FSQ	Oly	GHR	Hip thrusts	Legs up	low incl. CGBP		
Deload														
Fase 3a - 4 weken	Strength	ABC-DAB-CDA..	Paused	Deficit	Paused	CGBP	X	FSQ	GHR	X	X	X		
Fase 3b - 4 weken	Strength	ABC-DAB-CDA..	Regular	Regular	Regular	Regular	X	Bulg.spl.	SLDL	X	X	X		
	A	B	C	D			A	B	C	D				
fase 1a	SQ	BP	DL	MP		fase 2	SQ	BP	DL	MP				
	Romanian	Dips	FSQ	Legs up			DL	MP	SQ	BP				
	Bulg.spl. SQ	Spoto	Lunges	CGBP			FSQ	BP legs up	Oly	low incl CGBP				
	GHR	Pullups BW	SLDL	Pullups weighted			GHR	Pullup BW	Hip thrusts	Pullup weighted				
	Rows	Abs	Rows	Abs			Rows	Abs	Rows	Abs				
fase 1b	SQ	BP	DL	MP		fase 3a	SQ	BP	DL	MP				
	Block pull	Push	Oly	Pin			DL deficit	CGBP	Sq paused	BP paused				
	FSQ	Extra wide	Step-ups	3 way raises			GHR	Rows	FSQ	Pullups				
	GHR	Pullups BW	Hip thrusts	Pullups weighted			Abs							
	Rows	Abs	Rows	Abs										
						fase 3b	SQ	BP	DL	MP				
fase 1c	SQ	BP	DL	MP			DL	MP	SQ	BP				
	DL paused	High incline	SQ paused	BP Paused			SLDL	Rows	Bulg.spl. SQ	Pullups				
	Bulg.spl. SQ	Zydrunas	Lunges	Medium BP			Abs							
	GHR	Pullups BW	GM	Pullups weighted										
	Rows	Abs	Rows	Abs										