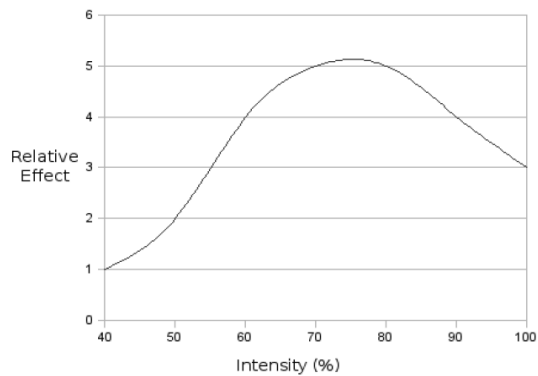


Trainingsschema YOGI 31-03-2012



Intensity	Reps per Set	Optimal Total	Range
60-70%	3-6	24	18-30
70-80%	3-6	18	12-24
80-90%	2-3	15	10-20
90-100%	1-2	7	4-10

But your most productive training will tend to be moderately heavy weights, between 70% and 80%, for around 20-60 reps per workout – moderate volume and moderate intensity.

The physiology of protein metabolism gives us some rough practical limits on the frequency to train each muscle group. We know that by around 72 hours after a workout, protein synthesis is more or less back to normal. With this in mind, you'd probably want to go no longer than 4-5 days between training a given muscle group. Three days might be a little better, and a little less than this could be possible in some cases.

Dag	Spiergroep	Oefening	Kg	# Sets	# Reps	# Totaal
Maandag	Rug	Deadlift		3	6-4-3	13
		Wide Grip lat pull down		3	6-6-4	16
		Standing Cable Pullover		3	6-6-4	16
		Bent over Row / of seated row		3	6-6-4	16 +
						61
	Biceps	(Single arm) dumbbell curl (elleboog steunt op incline bench)		3	10-8-8	26
		Barbell curl		3	10-8-8	26+
						52
	Buik					
		Hanging leg raises		4	15	60

Dag	Spiergroep	Oefening	Kg	# Sets	# Reps	# Totaal
Woensdag	Borst	Barbell bench Press		4	6-6-4-4	20
		Incline dumbbell fly		3	6-6-6	18
		Incline bench press		3	6-6-4	16
		Decline small grip bench press		3	6-6-4	16+
						70

	Triceps	EZ-bar lying skull crushers		3	10-8-8	26
		V-bar rope extension		3	10-8-8	26+
						52
	Buik	Hanging leg extensions		4	15	60

Dag	Spiergroep	Oefening	Kg	# Sets	# Reps	# Totaal
Donderdag						
	Benen	Squat (los)		3	8-6-6	20
		Leg extension		3	6-6-4	16
		Leg curl		3	6-6-4	16
		Hack squat		3	6-6-4	16+
						68
	Kuiten	Standing calf raise (barbell in nek)		3	10-8-8	26
		Seated calf raise		3	10-8-8	26+
						52
	Rug	Wide Grip Pull up		3	12-12-12	36
		Small grip lat pull down		3	8-6-6	20+
						56

Dag	Spiergroep	Oefening	Kg	# Sets	# Reps	# Totaal
Zaterdag						
	Schouders	Military press		3	6-6-4	16
		Bent Over Dumbbell Reverse Fly		3	6-6-6	18
		Dumbbell press		3	6-6-4	16
		Barbell upright row		3	6-6-4	16+
						66
	Borst	Incline bench press		5	8-6-6-4-4	28
		Dumbbell pullover		3	10-8-6	24+
						52