

Dag 1 (Maandag)**FULL BODY**

Oefening	Sets
45 ° Degree Leg Press	3
Seated Row	3
Chest Dips	2
Upright Barbell Row	2
Cable Curl	2
Triceps Extension	2
Cross Body Crunch	3

Dag 2 (Woensdag)**FULL BODY**

Oefening	Sets
Squat	3
Seated Calf Raise	2
Lat Pull Down	3
Dumbbell Flys	3
Triceps Kickback	2
Standing Dumbbell Curl	2
Cable Crunch	2

Dag 3 (Vrijdag)**FULL BODY**

Oefening	Sets
Lunges	4
Wide Grip Pull Up	3
Back Extension	3
Barbell Bench Press	3
Standing Barbell Curl	3
Close Grip Bench Press	3
Horizontal Leg Raise	2