

Wendler routine					
	Main	Assistance 1	Assistance 2	Assistance 3	Assistance 4
		Keuze uit:	Keuze uit:	Keuze uit:	Keuze uit:
Dag 1	Squat 5-3-1	Paused 3x8	Frontsquat	Hanging leg raise	
		Box 3x8	Hacksquat	Decline crunches	
		20 rep Squat	Zelchersquat	Abroller	
		Barbell Jump Squat	OH Squat	Crunches	
			Step-ups		
			Lunges		
			GM's		
			Boxjumps		
Dag 2	BP 5-3-1	Paused 3x8	BB row	BB curl	MP 3x5 medium
		Incl 3x8	DB row	DB curl	DB OH Press 3x5 medium
		CGBP 3x8	Seated row	Preacher curl	
		DB Press 3x8	T-bar row	Hammer curl	
		No feet 3x8	Pendlay row		
Dag 3	DL 5-3-1	Def DL 2x8	GM's	Hypers	
		Sumo DL 2x8	SLDL	Pull-down	
		Rackpulls 2x8	OH Squat	Shrugs	
			Oly Squat	Pull-through	
Dag 4	MP 5-3-1	MP 3x8	Chins 3x to failure	Facepulls	Dips
		DB OH Press 3x8		Lateral raise	Pushups
		Seated OH 3x8		Shrugs	Pushdown
		Arnold press		Rotator cuffs	Skullcrusher