

Fullbody

Dag A Oefening:	Sets:	Herhalingen:
1. Squat	4	5-7
2. Bench press	3	5-7
3. Lat pulldown	3	7-10
4. Overhead press	3	7-10
5. Leg curl	3	10-15
6. Face pull	3	12-15
7. Bicep curl	3	12-15
8. Tricep overhead extension	3	12-15

Dag B Oefening:	Sets:	Herhalingen:
1. Romanian deadlift	4	5-7
2. Incline dumbbell press	3	7-10
3. Bent over row	3	7-10
4. Cable side raise	3	10-15
5. Leg extension	3	10-15
6. Hammer curl	3	12-15
7. Tricep pushdown	3	12-15
8. Calf raise	3	15-20

Buik elke training 1 oefening naar keuze
(3 sets)

