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Day 1 Fullbody

Warming-up cardio

Tijd: 8 tot 10 minuten

Workout Legs

Leg Press Seated	4 sets	10 herhalingen
Leg Extention	4 sets	10 herhalingen
Leg curl seated	4 sets	10 herhalingen

Workout Core

Latt Pull Wide Chin	4 sets	10 herhalingen
Rowing V-Bar	4 sets	10 herhalingen
Shoulder Press Wide	4 sets	10 herhalingen
Lat Raise Dumbell	4 sets	10 herhalingen
Chest Press Wide	4 sets	10 herhalingen

Workout Arms

Bicep Curl Cable	4 sets	10 herhalingen
Tricep Pushdown	4 sets	10 herhalingen

Day 2 Rust

**WHEN IT'S
REST DAY
BUT ALL YOU
WANT IS
TO LIFT SOME
HEAVY SHIT.**

GYMQUOTES.CO

Day 3 Rug/borst/armen/buik

Warming-up cardio

Tijd: 8 tot 10 minuten

Workout Rug

<u>Lat Pull Wide Chin</u>	4 sets	12,10,8,6 herhalingen
<u>Lat Pull Small</u>	4 sets	12,10,8,6 herhalingen
<u>Rowing V-Bar</u>	4 sets	12,10,8,6 herhalingen
Rowing Wide	4 sets	12,10,8,6 herhalingen
Cable Cross Reverse	4 sets	Maximaal

Workout Borst

<u>Press Dumbell</u>	4 sets	12,10,8,6 herhalingen
<u>Bench Press Incline</u>	4 sets	12 herhalingen
<u>Fly Standing Cable</u>	4 sets	12 herhalingen

Workout Arms

Bicep Curl Cable	4 sets	12 herhalingen Superset ↓
Tricep Pushdown	4 sets	12 herhalingen Superset ↑
Tricep Pushdown One Arm	4 sets	Maximaal

Workout buik

<u>Sit up</u>	4 sets	Maximaal
<u>V-up</u>	4 sets	12
Crunch	4 sets	Maximaal

Day 4 Benen/Schouders/Buik

Warming-up cardio

Tijd: 8 tot 10 minuten

Workout benen

<u>Squat Barb Press (alleen stang)</u>	4 sets	12 herhalingen
<u>Squat Barb Full</u>	4 sets	12 herhalingen
<u>Leg Extension</u>	4 sets	12,10,8,6 herhalingen
Leg Curl Seated	4 sets	12,10,8,6 herhalingen
Calf raises	4 sets	Maximaal

Workout Schouders

<u>Shoulder Press Dumbell</u>	4 sets	12,10,8,6 herhalingen
<u>Lat Raise Dumbell</u>	4 sets	12 herhalingen
<u>Front Raise Dumbell</u>	4 sets	12 herhalingen
<u>Shrugs Dumbell</u>	4 sets	Maximaal
<u>Shoulder Press Small</u>	4 sets	12 herhalingen dropset

Workout buik

<u>Sit up</u>	4 sets	Maximaal
<u>V-up</u>	4 sets	12
Crunch	4 sets	Maximaal