



Split schema (3 dagen per week)

Warming up

Crosstraining – 5 min – level 5

Workout

Bench press 3 sets 12/10/8 hh

Incline press 3 sets 12/10/8 hh

Dicline press 3 sets 12/10/8 hh

Cable fly's 3 sets 12/10/8 hh

Triceps pushdown 3 sets 12/10/8 hh

Overhead cable extension 3 sets 12/10/8 hh

Cooling down

Fiets – 15 min – level 5





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Warming up

Crosstraining – 5 min – level 5

Workout

Lat. Pull down 3 sets 12/10/8 hh

One arm row 3 sets 12/10/8 hh

Reverse fly's 3 sets 12/10/8 hh

Deadlift 3 sets 12/10/8 hh

Biceps curl 3 sets 12/10/8 hh

Hammer curl 3 sets 12/10/8 hh

Cooling down

Fiets – 15 min – level 5





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Warming up

Crosstraining – 5 min – level 5

Workout

Squats	3 sets	12/10/8	hh
Leg curl	3 sets	12/10/8	hh
Calf raises	3 sets	12/10/8	hh
Shoulder press	3 sets	12/10/8	hh
Side raises	3 sets	12/10/8	hh
Plank/Hover	3 sets	12/10/8	hh

Cooling down

Fiets – 15 min – level 5

