

Training maand 1



Training 1			
A) Goblet squat	4 sets x 15 hh	tempo 3010	rust 60 sec
B) Seated cable row	4 sets x 10 hh	tempo 3010	rust 60 sec
C) Incline Dumbell press	4 sets x 8-10 hh	tempo 3010	rust 90 sec
D) Legpress	3 sets x 8-10 hh	tempo 3010	rust 90 sec
E) Seated side raises	3 sets x 10-12 hh	tempo 2020	rust 60 sec
F) Lying Dumbell tricep extentions	3 sets x 12-15 hh	tempo 2020	rust 60 sec
G) Incl Hammer curl	3 sets x 12-15 hh	tempo 2020	rust 60 sec
H) lying leg raises	3 sets 10-12 hh	tempo 2020	rust 60 sec
I) Kettlebelswing	3 sets x 60 sec		rust 60 sec
Training 2			
A) Barbell bench press	4 sets x 8-10 hh	tempo 3010	rust 90 sec
B) Standing military press	4 sets x 5-8 hh	tempo 3010	rust 120 sec
C) Lat pulldown	4 sets x 12 hh	tempo 3010	rust 60 sec
D) Barbell Romanian Deadlift	4 sets x 8-10 hh	tempo 3010	rust 90 sec
E) One arm Dumbell row	3 sets x 10-12 hh	tempo 2020	rust 60 sec
F) Leg extension	3 sets x 12-15 hh	tempo 2020	rust 60 sec
G) Leg curl	3 sets x 12-15 hh	tempo 2020	rust 60 sec
H) Standing calf raises	3 sets x 15-20 hh	tempo 2222	rust 60 sec
J) Stairmaster 10 min hartslag 130-140			

Training 3			
A) Kettlebel Deadlift	4 sets x 10-15 hh	tempo 3010	rust 90 sec
B) Legpress	4 sets x 6-8 hh	tempo 3010	rust 120 sec
C) Barbell upright row	4 sets x 8-10 hh	tempo 3010	rust 90 sec
D) DB Shoulderpress	3 sets x 20 hh	tempo 2010	rust 60 sec
E) Incline DB press	3 sets x 10-12 hh	tempo 2020	rust 60 sec
F) Assisted dips	3 sets x 12-15 hh	tempo 2020	rust 60 sec
G) DB bicep curls	3 sets x 12-15 hh	tempo 2020	rust 60 sec
H) Crunches	3 sets x 15-20 hh	tempo 2020	rust 60 sec
I) Fiets 15 min 130-140 hartslag			

Training Maand 2

Cindy Smal
FEMALE COACH

Training 1			
A) Barbell back squat	4 sets x 6-8 hh	tempo 3010	rust 120 sec
B) Landmine row	4 sets x 6-8 hh	tempo 3010	rust 90 sec
C) Lying dumbbell press	4 sets x 8-10 hh	tempo 3010	rust 90 sec
D) Legpress high feet	3 sets x 8-10 hh	tempo 3010	rust 90 sec
E) Cable lateral raises	3 sets x 10-12 hh	tempo 2020	rust 60 sec
F) Rope overhead Tricep Extensions	3 sets x 12-15 hh	tempo 2020	rust 60 sec
G) one arm DB preacher curls	3 sets x 12-15 hh	tempo 2020	rust 60 sec
H) Reverse crunch	3 sets 15-20 hh	tempo 2020	rust 60 sec
J) Crosstrainer 10 min hartslag 130-140			

Training 2			
A) Incline barbell bench press	4 sets x 6-8 hh	tempo 3010	rust 120 sec
B) Dumbell shoulderpress	4 sets x 6-8 hh	tempo 3010	rust 120 sec
C) Neutral grip lat pulldown	4 sets x 8-10 hh	tempo 3010	rust 90 sec
D) Rack pull	4 sets x 8-10 hh	tempo 3010	rust 90 sec
E) Dumbell reverse fly	3 sets x 10-12 hh	tempo 2020	rust 60 sec
F) Walking Dumbell lunges DB	3 sets x 12-15 hh	tempo 2020	rust 60 sec
G) Leg curl	3 sets x 12-15 hh	tempo 2020	rust 60 sec
H) Standing calf raises	3 sets x 15-20 hh	tempo 2222	rust 60 sec
I) rope slams	3 sets x 30 sec		rust 60 sec
Training 3			
A) Barbell romanian Deadlift	3 sets x 6-8 hh	tempo 3010	rust 120 sec
B) Legpress feet low	4 sets x 6-8 hh	tempo 3010	rust 120 sec
C) Cable upright row	4 sets x 8-10 hh	tempo 3010	rust 90 sec
D) Chin ups	3 sets x 1-4 hh	tempo 2010	rust 120 sec
E) Incl cable fly	3 sets x 10-12 hh	tempo 2020	rust 60 sec
F) Triceps pushdowns	3 sets x 12-15 hh	tempo 2020	rust 60 sec
G) Alternate dumbell hammer curl	3 sets x 12-15 hh	tempo 2020	rust 60 sec
H) incl Sit ups	3 sets x 15-20 hh	tempo 2020	rust 60 sec
J) Slamball 3x 60 sec --- 45 sec rust ertussen			

Training 3 na 4-5 weken!

Training 1			
A) Deadlift	4 sets x 6-10 hh	tempo 3010	rust 120 sec
B) Hack squat	4 sets x 6-10 hh	tempo 3010	rust 120 sec
C) Lying dumbbell press	4 sets x 8-15 hh	tempo 2020	rust 60 sec
D) Legcurl (zittend of liggend)	3 sets x 8-15 hh	tempo 2020	rust 60 sec
E) Seated cable row	3 sets x 8-15 hh	tempo 2020	rust 60 sec
F) Rope facepulls	3 sets x 8-15 hh	tempo 2020	rust 60 sec
G) Dumbbell Kickback	3 sets x 8-15 hh	tempo 2020	rust 60 sec
H) Incl Dumbell bicep curl	3 sets 8-15 hh	tempo 2020	rust 60 sec
I) Stairmaster 10 min 140-150 hartslag			
Training 2			
A) Incline dumbell bench press	4 sets x 6-10 hh	tempo 3010	rust 120 sec
B) Dumbell bent over row	4 sets x 8-10 hh	tempo 3010	rust 120 sec
C) Standing military press	3 sets x 8-15 hh	tempo 2020	rust 60 sec
D) Walking dumbell lunges	3 sets x 8-15 hh	tempo 2020	rust 60 sec
E) Cable costal fly	3 sets x 8-15 hh	tempo 2020	rust 60 sec
F) side raises	3 sets x 8-15 hh	tempo 2020	rust 60 sec
G) Overhead Rope triceps extensions	3 sets x 8-15 hh	tempo 2020	rust 60 sec
H) Cable bicep curl	3 sets x 8-15 hh	tempo 2020	rust 60 sec

Training 3			
A) Barbell Hiptrust	3 sets x 6-10 hh	tempo 3010	rust 120 sec
B) Seated cable row	4 sets x 6-10hh	tempo 3010	rust 120 sec
C) Push up	3 sets x 8-15 hh	tempo 2020	rust 60 sec
D) Wide grip Lat pulldown	3 sets x 8-15 hh	tempo 2020	rust 60 sec
E) Barbell shrugs	3 sets x 8-15 hh	tempo 2020	rust 60 sec
F) Close grip bench press	3 sets x 8-15 hh	tempo 2020	rust 60 sec
G) Alternate dumbbell hammer curl	3 sets x 8-15 hh	tempo 2020	rust 60 sec
H) Toe presses on leg press	3 sets x 10-15 hh	tempo 2222	rust 60 sec
I) Fiets 20 min hartslag 130-140			