

Training maand 1

Training 1			
A) Deadlift KB	4 sets x 15 hh	tempo 3010	rust 60 sec
B) Squats Globet	4 sets x 15 hh	tempo 3010	rust 60 sec
C1) Legcurl	4 sets x 10 hh	tempo 3010	rust 30 sec
C2) Walking lunges DB	4 sets x 12 hh	tempo 2010	rust 90 sec
D1) Glute bridge weighted (zonder miniband)	3 sets x 25 hh	tempo 2012	rust 15 sec
D2) Abduction machine	3 sets x 12 hh	tempo 2020	rust 60 sec
E) Planking	3 sets x 45 sec		rust 60 sec
G) fiets 20 min hartslag 130-140			
Training 2			
A) DB Y raise	4 sets x 12-15 hh	tempo 3010	rust 60 sec
B) Bent over DB lateral raises	4 sets x 12-15 hh	tempo 3010	rust 60 sec
C) Standing DB shoulderpress	4 sets x 8-10 hh	tempo 3010	rust 90 sec
D) Straight arm pulldown	4 sets x 10-12 hh	tempo 2010	rust 60 sec
E) Neutral grip Lat pulldowns	3 sets x 10-12 hh	tempo 3010	rust 60 sec
F1) Rope pushdowns	3 sets x 12-15 hh	tempo 2010	rust 60 sec
F2) Standing EZ bar curl	3 sets x 12-15 hh	tempo 3010	rust 60 sec
G) Stairmaster 10 min hartslag 120-130			
Training 3			

A) Hiptrust	4 sets x 8-10 hh	tempo 3010	rust 90 sec
B) Romanian Deadlift	4 sets x 10-12 hh	tempo 3010	rust 60 sec
C) Lunges	4 sets x 15 hh	tempo 3010	rust 60 sec
D) Glute kickback	4 sets x 8-12 hh	tempo 2010	rust 60 sec
E) Abduction	3 sets x 10-12 hh	tempo 2012	rust 60 sec
F) Standing calf raises	3 sets x 15-20hh	tempo 2020	rust 60 sec
G) Loopband helling 5% 20 min			
Training 4			
A) Latt pulldown	4 sets x 3 hh	tempo 3010	rust 60 sec
B) Push up (evt. elevated)	4 sets x 15 hh	tempo 3010	rust 60 sec
C) Machine small grip row	4 sets x 10 hh	tempo 3010	rust 60 sec
D) Seated side raises	4 sets hh 20	tempo 2010	rust 60 sec
E) DB hammer curl	3 sets x 8 hh	tempo 3010	rust 60 sec
F) Lying DB triceps extension	3 sets x 10 hh	tempo 3010	rust 60 sec
G) Crunches	3 sets x 6	tempo 2010	rust 60 sec
F) Stairmaster 20 min	10 min hartslag 130-140		

Training maand 2

Cindy Smal
FEMALE COACH

Training 1			
A1) Barbell Back squats	4 sets x 6 hh	tempo 3010	rust 10 sec
A2) Leg Extensions	4 sets x 15-20 hh	tempo 3010	rust 10 sec
A3) Barbell Hiptrust	4 sets x 8 hh	tempo 3010	rust 60 sec
B1) Reverse lunges met dumbells	4 sets x 12 hh	tempo 2010	rust 10 sec
B2) Legcurl	4 sets x 8,8,6,6 hh	tempo 3010	rust 60 sec
C) Hyperextension	3 sets x 12 hh	tempo 2010	rust 60 sec
Stairmaster 10 min hartslag 130-140			
Training 2			
A) Hammer strenght machine row	3 sets x 8 hh	tempo 3010	rust 120 sec
B) Bent over DB row	4 sets x 6-8 hh	tempo 3212	rust 60 sec
C) Rear delt fly (machine) bij afwezigheid	3 sets x 20 hh	tempo 3010	rust 60 sec
D) Single arm cable raise	8 sets x 8 hh	tempo 3010	geen rust
E) Standing cable curl	4 sets x 10 hh	tempo 3010	rust 60 sec
F1) Tricep pushdown	3 sets x 12 hh	tempo 3010	rust 30 sec
F2) Tricep pully extension	3 sets x 12 hh	tempo 5010	rust 30 sec
Slamball	3 sets x 60 sec		rust 45 sec

Training 3			
A) Barbell Deadlift	4 sets x 3-5 hh	tempo 3010	rust 120 sec
B1) One leg hiptrust (weighted)	4 sets x 10-12 hh	tempo 3010	rust 30 sec
B2) Bulgarian Split squat	4 sets x 8 hh	tempo 3010	rust 60 sec
C) DB Romanian DL	3 sets x 8-12 hh	tempo 2010	rust 60 sec
D1) Banded squat bounce	3 sets x 20-25 hh	tempo 2012	rust 10 sec
D2) Bandend fire hydrant	3 sets x 15-20 hh	tempo 2020	rust 10 sec
D3) Banded side walk	3 sets x 12-15 hh	tempo 1010	rust 60 sec
E) Rope slams	2 sets x 30 sec		rust 60 sec
Training 4			
A) Lat pulldown	4 sets x 8 hh	tempo 3010	rust 60 sec
B) Seated Cable row	4 sets x 8 h	tempo 3010	rust 60 sec
C) incline DB press	3 sets x 6 hh	tempo 3010	rust 120 sec
D1) Dips	3 sets x AMAP	tempo 6210	geen rust
D2) Cable chest press	4 sets x 10 hh	tempo 3010	rust 60 sec
F) Dumbell Y raise	3 sets x 15-20	tempo 3010	rust 60 sec
G) Single arm DB preacher curl	3 sets x 12,10,8 hh	tempo 2020	rust 60 sec
H) crunches	3 sets 15 hh	tempo 1010	rust 60 sec
stairmaster 10 min hartslag 130-140			

Training maand 3



Training 1			
A1) Legcurl	4 sets x 8,8,6,6 hh	tempo 3010	rust 15 sec
A2) Walking lunges DB	4 sets x 12 hh	tempo 3010	rust 90 sec
B1) Hacksquat	4 sets x 6 hh	tempo 3010	rust 30 sec
B2) Leg extension	4 sets x 15-20 hh	tempo 2010	rust 15 sec
B3) BB hiptrust	4 sets x 6-8 hh	tempo 3010	rust 60 sec
C) Bulgarian Split squat	6 sets x 6 hh	tempo 2010	rust 15 sec
D) Cable glute Kickback	3 sets x 15,12,8 hh	tempo 2011	rust 60 sec
E) Toe press on leg press	3x 10 hh	tempo 2222	rust 60 sec
F) Kettlebell swing	2 sets 60 sec		rust 30 sec
Loopband (wandelen) 20 min helling 5%			
Training 2			
A) Military press	3 sets x 8 hh	tempo 3010	rust 120 sec
B) Seated cable row	4 sets x 6-8 hh	tempo 3212	rust 60 sec
C1) Front lat pulldown	3 sets x 20 hh	tempo 3010	rust 60 sec
C2) Seated DB shoulderpress	8 sets x 8 hh	tempo 3010	rust 60 sec
C3) DB Y raise	4 sets x 10 hh	tempo 3012	rust 60 sec
D1) Neutral Grip incline chest fly	3 sets x 12 hh	tempo 3010	rust 15 sec
D2) Reverse Cable fly	3 sets x 12 hh	tempo 3010	rust 60 sec
E) Dips (weighted eventueel)	3 sets x 6-8 hh	tempo 2010	rust 60 sec
F) Fiets 10 min, hartslag 130-140			

Training 3			
A) Romanian Deadlift Barbell	4 sets x 8 hh	tempo 3010	rust 90 sec
B) Legcurl	4 sets x 8-10 hh	tempo 3010	rust 90 sec
C) Legpress	4 sets x 8 -10 hh	tempo 3210	rust 90 sec
D) Nordic hamstring curl	3 sets x 8-10 hh	tempo 3010	rust 90 sec
E) Barbell step ups	3 sets x 12-15 hh	tempo 2010	rust 30 sec
F) Toe presses on leg press	4 sets x 12-15 hh	tempo 2222	rust 60 sec
G) Roeien 10 minuten			
Training 4			
A1) Flat DB press	4 sets x 12,10,8,6 hh	tempo 3010	rust 60 sec
A2) One arm DB row	4 sets x 12,10,8,6 hh	tempo 3010	rust 60 sec
B1) Hammer Strenght Iso row	3 sets x 6-8 hh	tempo 3010	rust 60 sec
B2) Cable chest press	3 sets x 6-8 hh	tempo 6210	rust 60 sec
C1) cuff lateral raises	3 sets x 8-10 hh	tempo 3010	rust 60 sec
C2) Push Up	3 sets x 8-10 hh	tempo 3010	rust 60 sec
D1) Tricep pushdown	3 sets x 8 hh	tempo 2010	rust 30 sec
D2) Overhead tricep extension	3 sets x 8 hh	tempo 2010	rust 60 sec
D3) Cable bicep curl	3 sets x 8 hh	tempo 2010	rust 30 sec
D4) Facing away bicep curl straight bar	3 sets x 8 hh	tempo 2010	rust 30 sec
E) Crosstrainer 10 min hartslag 140-150			