

Schema

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Dag 1: Volume	Tussensets				Werkende sets	Sets/ reps
Squat	70 2 x 5	100 x 5	110 x 5	115 x 5	125	3 x 5
Bench Press	50 2 x 5	60 x 5	70 x 5		77,5	3 x 5
Deadlift met stop	70 x 5	110 x 5	130 x 5		140	3 x 5
Block Pull				150 x 5	165	2 x 3
Biceps & triceps						4 x 8
Buik en rug op GHD						3 x 10
Planken						
Stretch						
Dag 2: Assistance						
Paused Squat	60 x 5	90 x 5			110	4 x 5
Front Squat	50 2 x 5				62,5	4 x 5
Bench Press mid grip	50 2 x 5				77,5	4 x 5
Deadlift deficit	70 2 x 5	90 x 5	110 x 5	130 x 5	150	2 x 3
Lat Pull Down						3 x 8
Dips						3 x 8
Bicep Curl						3 x 8
Planken						3 x 30 sec.
Crunches						3 x 20
Stretch						
Dag 3: Kracht						
Squat	60 2 x 5	90 x 5	105 x 5	125 x 3	145	2 x 3
Bench Press	50 2 x 5	70 x 5	75 x 3	80 x 3	85	2 x 3
Board Press					85 2 x 3	2 x 3
Deadlift	70 x 5	100 x 5	110 x 5	140 x 5	170	2 x 3
Bent over row						3 x 6
Overhead press						3 x 6
Stretch						