

Schema

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Dag 1	Tussensets					Werkende sets	Sets/ reps
Squat small	70 2 x 5	110 x 5	120 x 5	130 x 5	140 x 5	155	2 x 5
Bench Press mid grip	60 2 x 5	85 x 5	95 x 5			105	3 x 5
Deadlift	70 x 5	120 x 5	135 x 5	160 x 5	175 x 5	190	2 x 5
Block Pull					190 x 3	205	2 x 3
Biceps & triceps							4 x 8
Buik en rug op GHD							3 x 10
Stretch							
Dag 2							
Paused Squat	70 2 x 5	100 x 5	120 x 5	130 x 5		137,5	2 x 5
Bench Press benen hoog	60 2 x 5	75 x 5	90 x 5			107,5	3 x 5
Bench Press 3/4						105	4 x 5
Stiff legged deadlift	70 2 x 5	95 x 5				110	3 x 5
Dips							3 x 8
Bicep Curl							3 x 8
Planken							3 x 30 sec.
Crunches							3 x 20
Stretch							
Dag 3 in 020							
Squat	70 2 x 5	120 x 5	150 x 5	160 x 3	170 x 3	180	2 x 3
Bench Press	60 2 x 5	90 x 5	100 x 5	110 x 3	115 x 3	120	2 x 3
Deadlift	70 x 5	120 x 5	150 x 5	180 x 3	200 x 3	210	2 x 3
Bent over row							3 x 6
Over head press							3 x 6
Stretch							