

Schema

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Dag 1	Tussensets				Werkende sets	Sets/ reps
Squat	60 2 x 5	100 x 5	120 x 5	130 x 5	140	2 x 5
Bench Press	50 2 x 5	70 x 5	85 x 5		95	3 x 5
Incline Bench Press					65	4 x 5
Deadlift	70 x 5	110 x 5	140 x 5	160 x 5	180	3 x 5
Bent over row						3 x 6
Planken						
Stretch						

Dag 2: komende vrijdag

Paused Squat	60 2 x 5	100 x 5	110 x 5		135	3 x 5
Bench Press benen hoog	50 2 x 5	70 x 5			90	4 x 5
Bench Press 3/4 rep					85	4 x 5
Stiff leg Deadlift					85	4 x 5
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

Squat	70 2 x 5	100 x 5	130 x 4	150 2 x 3	170	2 x 3
Squat 4 sec. down					100	3 x 6
Bench Press	50 2 x 5	70 x 5	90 x 4	105 x 3	97,5	2 x 5
Bench Press small					85	3 x 6
Deadlift	70 x 5	110 x 5	150 x 4	170 x 3	195	3 x 3
Over head press						3 x 6
Tricep Push Down						3 x 8
Planken						3 x 30 sec.
Stretch						