







Trainingsplan		Outdoor workout borst-schouders-tricep - 1		
Doel	Fit worden			
Startdatum	Tijd 5			Einddatum
Aanwijzingen				


Oefeningen	Datum	/	/	/	/
1. Bankdrukken - Barbell Borst					
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
2. Schuin bankdrukken - DBs Bovenkant borst, Schouders					
	Set 1	10 x	kg		
	Set 2	10 x	kg		
	Set 3	10 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
3. Resisted push-up - EB Borst					
	Set 1	15 x	kg		
	Set 2	15 x	kg		
	Set 3	15 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
4. Butterfly - EB Borst					
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
5. Push-up wide Borst					
	Set 1	15 x			
	Set 2	15 x			
	Set 3	15 x			
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
6. Shoulder press - KBs Schouders, Triceps					
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
7. Bent-over reverse fly - DBs Bovenrug					
	Set 1	10 x	kg		
	Set 2	10 x	kg		
	Set 3	10 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
8. Shoulder press - barbell Schouders					
	Set 1	10 x	kg		
	Set 2	10 x	kg		
	Set 3	10 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
9. Band face pulls - EB Achterkant schouders, Bovenrug					
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
Notitie					


Oefeningen	Datum	/	/	/	/
10. Lateral raise standing - DBs Schouders					
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
Notitie					

11. Triceps extension lying - Barbell		Triceps			
	Set 1	10 x	kg		
	Set 2	10 x	kg		
	Set 3	10 x	kg		
	Set 4				
	Set 5				
	Notitie				

12. Triceps extension standing - DB		Triceps			
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
	Notitie				

13. Bent over kickback - DBs		Triceps			
	Set 1	8 x	kg		
	Set 2	8 x	kg		
	Set 3	8 x	kg		
	Set 4				
	Set 5				
	Notitie				

14. Triceps pushdown - Pulley		Triceps			
	Set 1	10 x	kg		
	Set 2	10 x	kg		
	Set 3	10 x	kg		
	Set 4				
	Set 5				
	Notitie				

15. Overhead triceps extension - Pulley		Triceps			
	Set 1	12 x	kg		
	Set 2	12 x	kg		
	Set 3	12 x	kg		
	Set 4				
	Set 5				
	Notitie				