

Trainingschema

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Naam:

Trainer:	Nick
Schema:	20200101
Dagen:	3 tot 6
Weken:	6
Start:	19-1-2020
Einde:	1-3-2020

Borst-Schouder-Tricep

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Bench press	5x5		120 sec	
Incline Dumbbell press	3x8		60 sec	
Cable fly	3x10		60 sec	
Push up bosu	3x10		60 sec	
Cable side raise	3x8		60 sec	
Landmine press	3x10		60 sec	
Dippen	3x10		60 sec	
Overhead dumbbell extension	3x10		60 sec	
Cable One Arm Tricep Extensior	3x8		60 sec	

Rug-Bicep

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Lat pull down	3x8		60 sec	
Cable row	3x8		60 sec	
Dumbel row	3x10		60 sec	
Pack-deck reverse	3x10		60 sec	
One arm cable curl	3x8		60 sec	
One dumbbell curl	3x10		60 sec	
Cable curl	3x10		60 sec	

Benen

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Squad	5x5		120 sec	
Lunches	3x8		60 sec	
Hiptrust	3x10		60 sec	
Smith machine leg press	3x8		60 sec	
Calf raise	3x12		60 sec	
abductor machine	3x10		60 sec	