

Trainingschema

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Naam:

Trainer:	Nick
Schema:	20200102
Dagen:	3 tot 6
Weken:	6
Start:	19-1-2020
Einde:	1-3-2020

Borst-Schouder-Tricep

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Incline Bench press	3x8		45 sec	
Incline Dumbbell press	3x8		45 sec	
Cable fly	4x8		45 sec	
Push up bosu	3x10		45 sec	
Arnold press	3x12		45 sec	
Side raise	3x10		45 sec	
Lying tricep extention	3x10		45 sec	
Cable push down	3x12		45 sec	
Small grip bench press	3x8		45 sec	

Rug-Bicep

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Pull-ups	3x8		45 sec	
Reverse grip lat pull down	3x8		45 sec	
T-bar row	3x10		45 sec	
Pack-deck reverse	3x10		45 sec	
Preacher curl	3x8		45 sec	
Incline dumbbell curl	3x10		45 sec	
Hammer curl	Dropset		45 sec	

Benen

TRAININGEN	AANTAL KEREN	GEWICHT	RUST	DATUM
Squad	5x5		45 sec	
Stiff-leg deadlift	3x8		45 sec	
Leg extention Superset 1	3x10		45 sec	
Hamstring curl Superset 1	3x10		45 sec	
Leg press	3x12		45 sec	
Calf raise	3x10		45 sec	