

FIVE STAR FULL BODY

Startdatum: __-__-__ | Doelstelling: Spieropbouw Spierkracht Fit worden |



Dag 1

1. roeien - tijd				
	/	/	/	/
Set 1	300 x 0kg			
Set 2				
Set 3				
Notities				

2. paused squat - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

3. machine row - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

4. bench press - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

5. barbell row pronated grip - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

6. step ups - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

7. seated hamstring curl - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

8. seated barbell shoulder press - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

9. crunches - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

10. overhead cable tricep extensions with rope - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

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Dag 2

1. roeien - tijd				
	/	/	/	/
Set 1	300 x 0kg			
Set 2				
Set 3				
Notities				

2. leg press - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

3. 15° Incline Dumbbell Chest Press - Pronated Grip - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

4. lat pulldown neutral grip - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

5. smith machine split squat - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

6. single arm dumbbell row on bench - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

7. machine leg extension - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

8. Cable bayesian biceps curl - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

9. leg raises - herhalingen				
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

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Dag 3

	1. roeien - tijd			
	/	/	/	/
Set 1	300 x 0kg			
Set 2				
Set 3				
Notities				

	2. machine hip abductor - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	3. machine fly - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	4. dumbbell bent over row neutral grip - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	5. dumbbell bulgarian split squat - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	6. seated dumbbell side raises - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	7. weighted hyper extensions - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	8. Russian twist - herhalingen			
	/	/	/	/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

	9. heel elevated push up - tijd			
	/	/	/	/
Set 1	30-60 x 0kg			
Set 2	30-60 x 0kg			
Set 3	30-60 x 0kg			
Notities				