

Dave Vakantie Schema 2 dagen supersets

Startdatum: __-__-____ | Doelstelling: Spieropbouw Spierkracht |



Dag 1

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

	2. single arm dumbbell row on ben ch - herhalingen			
		/		/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Set 4	8-12 x 0kg			
Notities				

	3. machine hip abductor - herhalingen			
		/		/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Set 4	8-12 x 0kg			
Notities				

	4. seated dumbbell side raises - herhalingen			
		/		/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Set 4	8-12 x 0kg			
Notities				

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

	6. Incline Twisting dumbbell Bicep Curl - Neutral to Supinated Grip - herhalingen			
		/		/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Set 4	8-12 x 0kg			
Notities				

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Dag 2



1. lat pulldown neutral grip - herhalingen

		/		/		/
Set 1	8-12 x 0kg					
Set 2	8-12 x 0kg					
Set 3	8-12 x 0kg					
Set 4	8-12 x 0kg					
Notities						



2. incline push up on bench - herhalingen

		/		/		/
Set 1	8-12 x 0kg					
Set 2	8-12 x 0kg					
Set 3	8-12 x 0kg					
Set 4	8-12 x 0kg					
Notities						



3. dumbbell romanian deadlift - herhalingen

		/		/		/
Set 1	8-12 x 0kg					
Set 2	8-12 x 0kg					
Set 3	8-12 x 0kg					
Set 4	8-12 x 0kg					
Notities						



4. dumbbell shoulder press seated - herhalingen

		/		/		/
Set 1	8-12 x 0kg					
Set 2	8-12 x 0kg					
Set 3	8-12 x 0kg					
Set 4	8-12 x 0kg					
Notities						



5. machine leg extension - herhalingen

		/		/		/
Set 1	8-12 x 0kg					
Set 2	8-12 x 0kg					
Set 3	8-12 x 0kg					
Set 4	8-12 x 0kg					
Notities						



6. 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					
Set 4	8-12 x 0kg					
Notities						