

Full Body Superset Training

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



Dag 1

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

2. lunges met dumbbell - herhalingen				
		/		/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

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

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

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

6. cable bicep curl with rope - herhalingen				
		/		/
Set 1	8-12 x 0kg			
Set 2	8-12 x 0kg			
Set 3	8-12 x 0kg			
Notities				

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

	3. Chest-Supported DB Lateral Raises - herhalingen			
		/		/
	Set 1	8-12 x 5kg		
	Set 2	8-12 x 5kg		
	Set 3	8-12 x 5kg		
Notities				

	4. Bulgarian DB Split Squat - herhalingen			
		/		/
	Set 1	10 x 20kg		
	Set 2	10 x 20kg		
	Set 3	10 x 20kg		
Notities				

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

	6. cable fly high pulley - 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. conventional deadlift - herhalingen			
		/		/
	Set 1	8-12 x 0kg		
	Set 2	8-12 x 0kg		
	Set 3	8-12 x 0kg		
Notities				

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

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

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

	7. single arm dumbbell tricep extension - herhalingen			
		/		/
	Set 1	8-12 x 0kg		
	Set 2	8-12 x 0kg		
	Set 3	8-12 x 0kg		
Notities				