



Naam: Gerrie van Dijk

Doel: Fat Loss

<b>Training 1</b>				
<u>Oefening</u>	<u>Sets</u>	<u>Herhalingen</u>	<u>Tempo</u>	<u>Rust</u>
A1. Bench Press	3	8-12	3-1-1-0	30'
A2. Bent Over Barbell Row	3	8-12	3-0-1-1	60'
B1. Slight Incline Dumbbell Chest Press	3	8-12	3-1-1-0	30'
B2. Lat Pulldown Pronated Grip	3	8-12	3-0-1-1	60'
C1. Standing Barbell Press	3	8-12	3-1-1-0	30'
C2. Barbell Biceps Curl	3	8-12	2-1-1-1	45'
D1. Side Raise	3	8-12	2-0-1-1	30'
D2. Rope Triceps Extension	3	8-12	2-0-1-1	45'

<b>Training 2</b>				
<u>Oefening</u>	<u>Sets</u>	<u>Herhalingen</u>	<u>Tempo</u>	<u>Rust</u>
A. Squat	3	8-12	3-1-1-0	60'
B. Leg Press	3	8-12	3-1-1-0	60'
C. Stiff Leg Deadlift	3	8-12	3-0-1-1	60'
D1. Leg Extension	3	8-12	2-0-1-2	10'
D2. Ab Crunch Rope	3	8-12	2-2-2-2	60'

E1. Leg Curl	3	8-12	2-0-1-2	10'
E2. Leg Raise	3	Tot fallen	2-2-2-2	60'