

### Fitness schema 2 (push en pull)

Fitness schema gebaseerd op 3 dagen training

| Dag van de week  | Oefening  | Sets   | Herhalingen |
|--|---|--------|-------------|
| Maandag  | Warming up 10 minuten<br>touwspringen(of andere cardio) | n.v.t. | n.v.t.      |
|  | Squaten   | 4      | 12- 15      |
|  | Deadlift  | 4      | 12-15       |
|  | Military press  | 4      | 12          |
|  | Barbell row   | 4      | 15          |
|  | Dumbbell press  | 4      | 15          |
|  | Dumbbell curl   | 4      | 15          |
|  | Seated dumbbell tricep extension                        | 4      | 15          |
|  | Hanging leg raise                                       | 3      | Fail        |
|  | Roman chair knee raises(weighted)                       | 3      | Fail        |
|  | Cooling down 20 minuten<br>hardlopen(of andere cardio)  | n.v.t. | n.v.t.      |
| Woensdag   | Warming up 10 minuten<br>touwspringen(of andere cardio) |        |             |
|  | Pull ups  | 3      | Fail        |
|  | Bodyweight dips   | 4      | Fail        |
|  | Push ups  | 4      | 15          |
|  | Cable row(small)  | 4      | 15          |
|  | Cable upright row                                       | 4      | 15          |
|  | Diamond push ups  | 4      | 15          |
|  | Incline dumbbell curl                                   | 4      | 15          |
|  | Chin up   | 3      | Fail        |
| Cooling down 20 minuten<br>hardlopen(of andere cardio) | n.v.t.  | n.v.t. |             |
| Vrijdag  | Warming up 10 minuten<br>touwspringen(of andere cardio) | n.v.t. | n.v.t.      |
|  | Lunges  | 4      | 12-15       |
|  | Triceps pull down                                       | 4      | 15          |
|  | Leg press   | 4      | 15          |
|  | Leg extentions  | 4      | 15          |
|  | Incline dumbbell flyes                                  | 4      | 12-15       |
|  | Lat pulldown  | 4      | 15          |
|  | Dumbbell Bench Lying Side Raises                        | 4      | 12-15       |
|  | Standing Calf raise                                     | 4      | 20          |
|  | Dumbbell roll-outs                                      | 4      | 10          |
|  | Hanging leg raises                                      | 3      | Fail        |
| Cooling down 20 minuten<br>hardlopen(of andere cardio) | n.v.t.  | n.v.t. |             |