



## 8-weken trainingsschema: compleet programma

### Week 1 & 2

<b>Benen</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Dumbbell step up	3	20
Squat	3-4	8-12
Lunges (lopend)	3-4	8-12
Leg curl	3-4	8-12
Leg press	3-4	8-12
Calf raises (staand)	3	20

<b>Borst &amp; triceps</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Push up	3	20
Bench press	3-4	8-12
Dumbbell fly	3-4	8-12
Cable press (staand)	3-4	8-12
Dumbbell press	3-4	8-12
Triceps dips	3	20
Dumbbell kickbacks	3-4	8-12
Overhead triceps dumbbell extension	3	8-12
V-bar cable pushdown	3	8-12



## Week 1 & 2

<b>Rug &amp; biceps</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Wide pull up	3	12
Deadlift	3-4	8-12
Lat pulldown	3-4	8-12
Barbell row	3-4	8-12
Lower back extension	3-4	8-12
Biceps cable bar curl	3	20
Dumbbell curl (zittend)	3	8-12
EZ-bar curl	3	8-12
Hammer curl (zittend)	3	8-12
<b>Schouders &amp; buik</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Shoulder resistance band press	3	20
Dumbbell press (zittend)	3-4	8-12
Dumbbell front raise	3-4	8-12
Bent-over cable raise	3-4	8-12
Dumbbell shrugs	3-4	8-12
Crunch		45 sec
Hanging knee raise	3	20
Mountain climbers		45 sec
Bicycle kicks		45 sec



## Week 3 & 4

Benen	Aantal keer	Aantal reps
Leg press	3-4	12
1-leg cable kickback	3-4	8-12
Leg extension	3-4	8-12
Lunges (lopend)	3-4	8-12
Dumbbell squat	3-4	8-12
Kettlebell swing	3	20
Bodyweight squat	2	max

Borst & triceps	Aantal keer	Aantal reps
Incline bench press	3-4	12
Incline dumbbell press	3-4	8-12
Machine fly	3-4	8-12
Cable press (staand)	3-4	8-12
Incline machine chest press	3-4	8-12
Rope cable pushdown	3-4	8-12
Lying triceps extension	3-4	8-12
Close grip bench press	3-4	8-12
Diamond push up	3	max



## Week 3 & 4

<b>Rug &amp; biceps</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Deadlift	3-4	12
Barbell row	3-4	8-12
1-arm dumbbell row	3-4	8-12
Lat pulldown wide	3-4	8-12
Hammer curl (staand)	3-4	8-12
Rope hammer cable curl	3-4	8-12
EZ-bar curl	3-4	8-12
Incline hammer curl (zittend)	3-4	8-12

<b>Schouders &amp; buik</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Cable press (staand)	3-4	8-12
Dumbbell front raise	3-4	8-12
Dumbbell side raise	3-4	8-12
Dumbbell fly	3-4	8-12
Crunch		45 sec
Ankle tip crunch		45 sec
Mountain climbers		45 sec
In-out crunches		45 sec
Bicycle kicks		45 sec
Flutter kicks		45 sec



## Week 5 & 6

Benen	Aantal keer	Aantal reps
Squat	3-4	12
Leg extension	3-4	8-12
Hip thrust	3-4	8-12
Lunges bodyweight	3	1 min
Abductor	2	12
Adductor	2	12
Calf raises (staand)	3-4	8-12

Borst & triceps	Aantal keer	Aantal reps
Decline push up	2	max
Bench press	3-4	8-12
Decline dumbbell press	3-4	8-12
Decline dumbbell fly	3-4	8-12
Cable press (staand)	3-4	8-12
Triceps dips	3	15
Overhead dumbbell extension	3-4	8-12
Dumbbell kickbacks	3-4	8-12
Cable bar pushdown	3-4	8-12



## Week 5 & 6

<b>Rug &amp; biceps</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Dumbbell deadlift	3-4	8-12
Incline dumbbell row	3-4	8-12
Close grip lat pulldown	3-4	8-12
Cable row	3-4	8-12
Biceps cable bar curl	3-4	8-12
Dumbbell curl (staand)	3-4	8-12
Preacher curl	3-4	8-12
Focus curl (zittend)	3-4	8-12

  

<b>Schouders &amp; buik</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Shoulder dumbbell press	3-4	8-12
Cable front raise	3-4	8-12
Dumbbell fly	3-4	8-12
Bent-over cable raise	3-4	8-12
Crunch additional weight	1	30
Swiss ball crunch	1	30
Hanging leg raises	1	20
V-up	1	20
Bicycle kicks	1	30



## Week 7 & 8

Benen	Aantal keer	Aantal reps
Bodyweight squat	1	30
Walking lunges	2	30 sec
Barbell squat	4	8-12
Leg extension	4	8-12
leg curl	4	8-12
Hip thrust	3	8-12
Calf press	3	20

Borst & triceps	Aantal keer	Aantal reps
Push up 2 x 20 reps	2	20
Bench press 4 x 8-12 reps	4	8-12
Dumbbell fly 4 x 8-12 reps	4	8-12
Incline dumbbell press 4 x 8-12 reps	4	8-12
Machine chest press 4 x 8-12 reps	4	8-12
Lying triceps extension 3-4 x 8-12 reps	3-4	8-12
V-bar cable pushdown 3-4 x 8-12 reps	3-4	8-12
1-arm cable extension 3-4 x 8-12 reps	3-4	8-12



## Week 7 & 8

<b>Rug &amp; biceps</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Wide pull up	2	15
Deadlift	4	8-12
Dumbbell row	4	8-12
Lat pulldown close grip	4	8-12
Lower back extension	3	20
EZ-bar curl	3-4	8-12
Dumbbell curl (zittend)	3-4	8-12
Hammer curl (staand)	3-4	8-12
<b>Schouders &amp; buik</b>	<b>Aantal keer</b>	<b>Aantal reps</b>
Dumbbell press (zittend)	3-4	8-12
Machine shoulders press	3-4	8-12
Dumbbell side raise	3-4	8-12
Dumbbell front raise	3-4	8-12
Plank.	1	1.5 min
Arm reach crunch	1	30
Side crunch	1	30
Leg raises	1	30
V-up	1	30
Flutter kicks	1	45 sec
Pulse ups	1	45 sec