



BODY & POWER

SPIERMASSA OPBOUWEN VOOR MANNEN

Doel: Spieren opbouwen
Level: Beginner
Dagen: Per Week: 4 dagen
Duur: 8 weken

Benodigheden: Barbell, Cables,
Dumbbells, Machines
Gender: Mannen
Auteur Fitness Schema: Body & Power

Dag 1 - Borst/Schouders

OEFENING	Sets	Reps
Incline Bench Press	4	12, 10, 8, 6
Dumbbell Bench Press	4	12, 10, 8, 6
Cable Crossover	4	12, 10, 8, 6
Tricep Dip	4	12, 10, 8, 6
Seated Dumbbell Press	4	12, 10, 8, 6
Lateral Raise	4	12, 10, 8, 6
Machine Reverse Fly	4	12, 10, 8, 6

Dag 2 - Rug

OEFENING	Sets	Reps
Deadlift	4	12, 10, 8, 6
One Arm Dumbbell Row	4	12, 10, 8, 6
Lat Pull Down	4	12, 10, 8, 6
Seated Row	4	12, 10, 8, 6
Single Arm Lat Pull Down	4	12, 10, 8, 6
Hyperextension	4	12, 10, 8, 6
Dumbbell Shrug	4	12, 10, 8, 6

Dag 3 - Benen

OEFENING	Sets	Reps
Barbell Squat	4	12, 10, 8
Hack Squat	4	12, 10, 8
Leg Press	4	12, 10, 8
Dumbbell Lunge	4	12, 10, 8
Lying Leg Curl	4	12, 10, 8
Seated Calf Raise	4	12, 12, 12
Standing Calf Raise	4	

Dag 4 - Armen

OEFENING	Sets	Reps
Close Grip Bench Press	4	12, 10, 8, 6
One-Arm Seated Overhead Tricep Extension	4	12, 10, 8, 6
Straight Bar Tricep Extension	4	12, 10, 8, 6
Barbell Preacher Curl	4	12, 10, 8, 6
Incline Dumbbell Curl	4	12, 10, 8, 6
Cable Curl	4	12, 10, 8, 6
Seated Barbell Wrist Curl	4	12, 10, 8, 6

