



FITNESS SCHEMA MANNEN 3 DAGEN

Dit full body fitness schema is bedoeld voor beginners die graag spieren willen opbouwen.

Main Goal: Build Muscle

Training Level: Beginner

Duur: 8 weken

Dagen Per Week: 3 dagen

Tijd Per Workout: 45-75 Min

Auteur Body & Power

FULL BODY WORKOUT (DAG 1)

OEFENING	Sets	Reps
Trap Bar Deadlift	3	3 - 5
Bent Over Row	3	5 - 8
Dumbbell Overhead Press	3	6 - 10
Lat Pull Down	3	6 - 10
Dumbbell Bicep Curl	2	10 - 12
Rope Pressdown	2	10 - 12
Plank	2	Failure*

FULL BODY WORKOUT (DAG 2)

OEFENING	Sets	Reps
Front Squats	3	3 - 5
Romanian Deadlift	3	6 - 10
Farmer's Carry	3	45 Sec
Dumbbell Row	3	10 - 15
Incline Dumbbell Bench Press	3	8 - 12
Calf Raise	3	15 - 20
Dead Bugs	2	6 - 12 Each

FULL BODY WORKOUT (DAG 3)

OEFENING	Sets	Reps
Bench Press	3	3 - 5
Leg Press	3	6 - 10
Leg Curl	3	8 - 12
Lateral Raise	3	10 - 15
Cable Row	3	8 - 12
EZ Bar Curl	2	10 - 12
Skullcrusher	2	10 - 12
Pallof Press	2	6 - 12 Each

