

Starters Full Body Trainingsschema 1

Oefening	Sets x Herhalingen	Herhalingen x Gewicht		
		Set 1	Set 2	Set 3
Quadriceps: Leg Press of Leg Extension	3 x 20	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hamstrings: Lying Leg Curl of Seated Leg Curl	3 x 20	<input type="text"/>	<input type="text"/>	<input type="text"/>
Kuiten: Standing Calf Raises of Seated Calf Raises	3 x 20	<input type="text"/>	<input type="text"/>	<input type="text"/>
Rug: Front Lat Pulldown of Seated Cable Row	3 x 15	<input type="text"/>	<input type="text"/>	<input type="text"/>
Borst: Bench Press of Incline Bench Press	3 x 15	<input type="text"/>	<input type="text"/>	<input type="text"/>
Schouders: Standing Military Press of Wide Grip Upright Row	3 x 15	<input type="text"/>	<input type="text"/>	<input type="text"/>
Triceps: Small Grip Bench Press of Cable Pushdown	3 x 15	<input type="text"/>	<input type="text"/>	<input type="text"/>
Biceps: Barbell Curl of Seated Dumbbell Curl	3 x 15	<input type="text"/>	<input type="text"/>	<input type="text"/>
Onderarmen: Seated Wrist Curl of Standing Wrist Curl	3 x 20	<input type="text"/>	<input type="text"/>	<input type="text"/>
Buikspieren: Crunches of Leg Raises (tot je niet meer kunt)	3 x	<input type="text"/>	<input type="text"/>	<input type="text"/>