

5 dagen-split advanced

HERHAAL DIT VOOR DE REST VAN DE MAAND EN
VERHOOG DE INTENSITEIT DOOR VORM/RUST/GEWICHT
AMRAP = AS MANY REPS AS POSSIBLE

| | ACTIVITEIT | SETS | REPS |
|-------------------|-------------------------|------|--------|
| Dag 1: Upper body | • Warm up cardio | 1 | 15 min |
| | • Bench press | 4 | 10-12 |
| | • Lat pulldown | 4 | 10-12 |
| | • Incline press | 3 | 10-12 |
| | • Triangle row | 3 | 10-12 |
| | • Bicep curl | 3 | 12-15 |
| | • Triceps pushdown | 3 | 12-15 |
| Dag 2: Lower body | • Warm up cardio | 1 | 15 min |
| | • Hack squat | 4 | 10-12 |
| | • Leg press | 4 | 10-12 |
| | • Leg extension | 4 | 10-12 |
| | • Leg curl | 4 | 10-12 |
| | • Calf raise | 3 | 12-15 |
| Dag 3: Upper body | • Warm up cardio | 1 | 15 min |
| | • Shoulder press | 4 | 10-12 |
| | • Lateral raise | 4 | 10-12 |
| | • Back extension | 3 | 10-12 |
| | • Hammer curl | 3 | 12-15 |
| | • Triceps rope pushdown | 3 | 12-15 |
| | • Hanging knee raises | 3 | AMRAP |

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| ACTIVITEIT | SETS | REPS |
|------------|------|------|
|------------|------|------|

Dag 4: Lower body

| | | |
|-------------------------|---|--------|
| • Warm up cardio | 1 | 15 min |
| • Bulgarian split squat | 4 | 10-12 |
| • Walking lunges | 4 | 10-12 |
| • Leg extension | 4 | 10-12 |
| • Leg curl | 4 | 10-12 |
| • Calf raise | 3 | 12-15 |

Dag 5: Upper body

| | | |
|-----------------------|---|--------|
| • Warm up cardio | 1 | 15 min |
| • Bench press | 4 | 10-12 |
| • Lat pulldown | 4 | 10-12 |
| • Military press | 4 | 10-12 |
| • Bicep curl | 3 | 12-15 |
| • Tricep extension | 3 | 12-15 |
| • Hanging knee raises | 3 | AMRAP |