**Schema 1: 1 keer per week**

Focus: Full body spieropbouw

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Bench Press | 4 | 8 |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Bicep Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Schema 2: 2 keer per week**

Focus: upper body & lower body spieropbouw

**Dag 1: Upper Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Bench Press | 4 | 8 |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Bicep Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Dag 2: Lower Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Deadlifts | 4 | 8 |
| Squats | 4 | 8 |
| Leg Press | 3 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 3 | 15 |

**Schema 3: 3 keer per week**

Focus: Full body spieropbouw met variatie

**Dag 1: Full Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Squats | 4 | 8 |
| Bench Press | 4 | 8 |
| Bent-over Rows | 4 | 8 |
| Shoulder Press | 3 | 10 |
| Bicep Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Dag 2: Upper Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Barbell Curls | 3 | 10 |

**Dag 3: Lower Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Deadlifts | 4 | 8 |
| Leg Press | 4 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 3 | 15 |

**Schema 4: 4 keer per week**

Focus: Upper body & Lower body spieropbouw met variatie

**Dag 1: Upper Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Bench Press | 4 | 8 |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Bicep Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Dag 2: Lower Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Deadlifts | 4 | 8 |
| Squats | 4 | 8 |
| Leg Press | 3 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 3 | 15 |

**Dag 3: Upper Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Barbell Curls | 3 | 10 |

**Dag 4: Lower Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Deadlifts | 4 | 8 |
| Leg Press | 4 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 3 | 15 |

**Schema 5: 5 keer per week**

Focus: Upper body, Lower body, en Accessoirewerk voor spieropbouw

**Dag 1: Borst en Triceps**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Bench Press | 4 | 8 |
| Incline Dumbbell Press | 3 | 10 |
| Chest Flyes | 3 | 12 |
| Tricep Dips | 4 | 10 |
| Tricep Pushdowns | 3 | 12 |

**Dag 2: Rug en Biceps**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Pull-ups | 4 | 8 |
| Bent-over Rows | 3 | 10 |
| Seated Cable Rows | 3 | 12 |
| Barbell Bicep Curls | 4 | 10 |
| Hammer Curls | 3 | 12 |

**Dag 3: Schouders en Buikspieren**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Military Press | 4 | 8 |
| Lateral Raises | 3 | 10 |
| Front Raises | 3 | 10 |
| Planks | 4 | Zo lang mogelijk |
| Russian Twists | 3 | 20 |

**Dag 4: Benen**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Squats | 4 | 8 |
| Leg Press | 3 | 10 |
| Romanian Deadlifts | 3 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 4 | 15 |

**Dag 5: Armen en Buikspieren**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Barbell Curls | 4 | 10 |
| Preacher Curls | 3 | 10 |
| Skull Crushers | 4 | 10 |
| Cable Tricep Extensions | 3 | 12 |
| Planks | 4 | Zo lang mogelijk |
| Russian Twists | 3 | 20 |

**Schema 6: 6 keer per week**

Focus: Upper body, Lower body, en Accessoirewerk voor spieropbouw

**Dag 1: Upper Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Bench Press | 4 | 8 |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Bicep Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Dag 2: Lower Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Deadlifts | 4 | 8 |
| Squats | 4 | 8 |
| Leg Press | 3 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 3 | 15 |

**Dag 3: Biceps & Triceps**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Barbell Curls | 4 | 10 |
| Tricep Pushdowns | 4 | 10 |
| Hammer Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Dag 4: Upper Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Pull-ups/Assisted Pull-ups | 4 | 8 |
| Dumbbell Rows | 3 | 10 |
| Dumbbell Shoulder Press | 3 | 10 |
| Barbell Curls | 3 | 10 |
| Tricep Dips | 3 | 10 |

**Dag 5: Lower Body**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Deadlifts | 4 | 8 |
| Squats | 4 | 8 |
| Leg Press | 3 | 10 |
| Leg Curls | 3 | 12 |
| Calf Raises | 3 | 15 |

**Dag 6: Schouders, Borst, Rug**

| **Oefening** | **Sets** | **Herhalingen** |
| --- | --- | --- |
| Dumbbell Lateral Raises | 4 | 12 |
| Incline Bench Press | 4 | 8 |
| Lat Pulldowns | 3 | 10 |
| Seated Rows | 3 | 10 |
| Face Pulls | 3 | 12 |