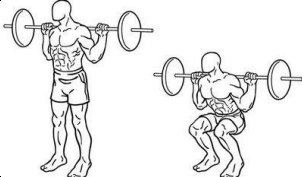
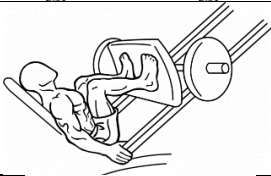
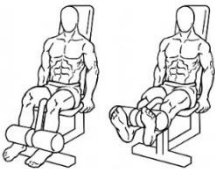
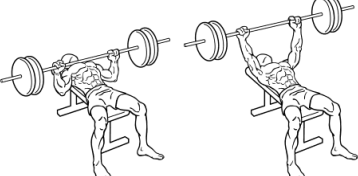
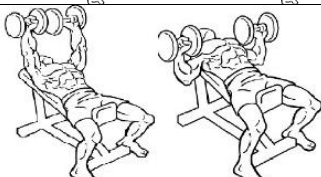
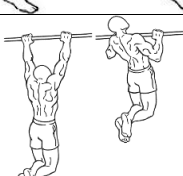
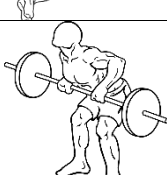
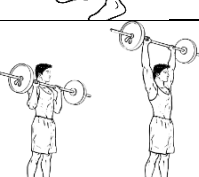
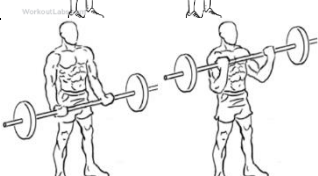
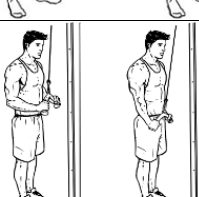
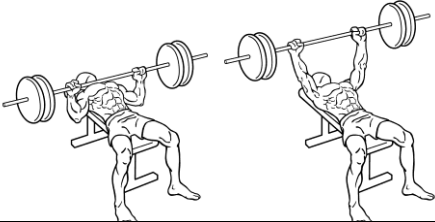
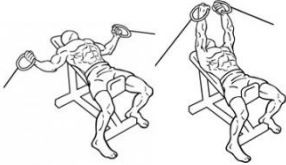
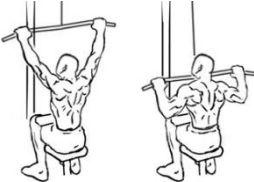
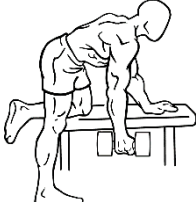




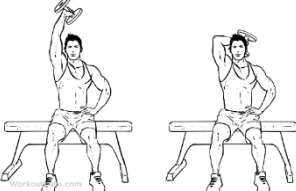

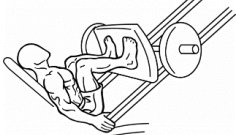



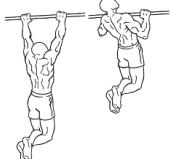
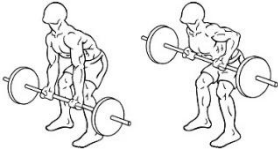

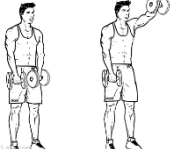



Dag 1 – Kracht	Full body
Squats	
Leg press	
Leg extension	
Bench press	
Incline dumbbell press	
Pull ups	
Barbell row	
Military press	
Barbell curls	
Tricep pushdown	

Dag 2 – Spiergroei	Bovenlichaam
Bench press	
Incline cable flyes	
Lat pull down	
One-arm dumbbell row	
Standing palm-in one-arm dumbbell press	
Lateral raise	
Reverse flyes	
Hammer curls (preacher machine)	
One-arm seated tricep extension	

Dag 3 – Kracht	Full body
Deadlifts	
Leg press	
Leg curls	
Incline bench press	
Flat dumbbell press	
Pull ups	
Reverse grip barbell row	
Seated dumbbell press	
Front raise	
Close grip bench press	
Overhead cable curl	