

## Fitness Schema - Upper Lower Split (2 dagen in de week)



|                    |  |
|--------------------|--|
| Naam               |  |
|                    |  |
| Datum start schema |  |

| Informatie           |  |
|----------------------|--|
| Leeftijd             |  |
| Geslacht             |  |
| Lengte (in cm)       |  |
| Gewicht (in kg)      |  |
| Doel gewicht (in kg) |  |
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| Notities |
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| Dag 1                                 |               | SETS          |               |               |              |          |  |
|---------------------------------------|---------------|---------------|---------------|---------------|--------------|----------|--|
| Oefening                              | 1             | 2             | 3             | 4             | 5            | Rusttijd |  |
| Bankdruk                              | 0KG / 8 Reps  | 0KG / 8 Reps  | 0KG / 8 Reps  | 0KG / 8 Reps  | 0KG / 8 Reps | 01:30    |  |
| Barbell bent over row                 | 0KG / 10 Reps | 0KG / 10 Reps | 0KG / 10 Reps | 0KG / 10 Reps |              | 01:15    |  |
| Shoulder press (machine of dumbbells) | 0KG / 10 Reps | 0KG / 10 Reps | 0KG / 10 Reps | 0KG / 10 Reps |              | 01:15    |  |
| Chest fly's (machine of dumbbells)    | 0KG / 12 Reps | 0KG / 12 Reps | 0KG / 12 Reps | 0KG / 12 Reps |              | 01:15    |  |
| Lat pulldown                          | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |               |              | 01:00    |  |
| Bicep curls (dumbbell of barbell)     | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |               |              | 00:45    |  |
| Kabel tricep extensie                 | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |               |              | 00:45    |  |

| Dag 2                      |               | SETS          |               |               |              |          |  |
|----------------------------|---------------|---------------|---------------|---------------|--------------|----------|--|
| Oefening                   | 1             | 2             | 3             | 4             | 5            | Rusttijd |  |
| Squat (machine of barbell) | 0KG / 8 Reps  | 0KG / 8 Reps  | 0KG / 8 Reps  | 0KG / 8 Reps  | 0KG / 8 Reps | 02:00    |  |
| Lunges                     | 0KG / 10 Reps | 0KG / 10 Reps | 0KG / 10 Reps | 0KG / 10 Reps |              | 01:30    |  |
| Hamsting curl machine      | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |              | 01:15    |  |
| Leg extension machine      | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |              | 01:15    |  |
| Calf raises                | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |               |              | 01:00    |  |
| Sit ups                    | 0KG / 15 Reps | 0KG / 15 Reps | 0KG / 15 Reps |               |              | 00:45    |  |
| Planks                     | 60 Sec        | 60 Sec        | 60 Sec        |               |              | 00:45    |  |