

## UPPER LOWER TRAININGSSHEMA

# 3 dagen - lower focus

Drie trainingen per week met extra nadruk op het onderlichaam. Je traint Lower A, één complete Upper training en Lower B met andere accenten.

3 trainingen

18 oefeningen

Lower focus

Sportschool

## Training A - Lower A

| Oefening          | Sets | Reps  | Rust    | RIR |
|-------------------|------|-------|---------|-----|
| Barbell squat     | 3    | 6-10  | 2-3 min | 2   |
| Romanian deadlift | 3    | 8-12  | 2-3 min | 1-2 |
| Leg press         | 2    | 10-15 | 2 min   | 1-2 |
| Leg curl          | 2    | 10-15 | 1-2 min | 1-2 |
| Seated calf raise | 3    | 10-15 | 1-2 min | 1-2 |

## Training B - Upper

| Oefening              | Sets | Reps  | Rust    | RIR |
|-----------------------|------|-------|---------|-----|
| Bench press           | 3    | 6-10  | 2-3 min | 2   |
| Bent over barbell row | 3    | 6-10  | 2-3 min | 1-2 |
| Shoulder press        | 2    | 8-12  | 2 min   | 1-2 |
| Lat pull down         | 3    | 8-12  | 2 min   | 1-2 |
| Lateral raises        | 2    | 12-20 | 1-2 min | 1-2 |
| Hammer curl           | 2    | 10-15 | 1-2 min | 1-2 |
| Tricep pushdown       | 2    | 10-15 | 1-2 min | 1-2 |

## Training C - Lower B

| Oefening          | Sets | Reps  | Rust    | RIR |
|-------------------|------|-------|---------|-----|
| Hip thrust        | 3    | 6-10  | 2-3 min | 1-2 |
| Leg press         | 3    | 8-12  | 2 min   | 1-2 |
| Leg curl          | 3    | 10-15 | 1-2 min | 1-2 |
| Romanian deadlift | 2    | 8-12  | 2 min   | 1-2 |
| Seated calf raise | 3    | 10-15 | 1-2 min | 1-2 |
| Cable crunch      | 2    | 10-15 | 1-2 min | 1-2 |

### Zo gebruik je het schema

- Sets zijn werksets; opwarmsets tellen niet mee.
- Blijf binnen de rep range en houd ongeveer de aangegeven RIR over.

## TRAININGSLOGBOEK

## Week 1

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 1 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 2

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 2 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 3

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 3 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 4

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 4 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 5

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 5 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 6

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 6 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 7

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 7 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## TRAININGSLOGBOEK

## Week 8

Lichaamsgewicht

Vul per werkset zowel het gewicht als het aantal herhalingen in. Training A en B staan samen op deze pagina.

## Training A - Lower A

Datum

| Oefening          | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-------------------|------------------|-------|------|-------|------|-------|------|
|                   |                  | kg    | reps | kg    | reps | kg    | reps |
| Barbell squat     | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Romanian deadlift | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Leg press         | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Leg curl          | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Seated calf raise | 10-15<br>1-2 RIR |       |      |       |      |       |      |

## Training B - Upper

Datum

| Oefening              | Doel             | Set 1 |      | Set 2 |      | Set 3 |      |
|-----------------------|------------------|-------|------|-------|------|-------|------|
|                       |                  | kg    | reps | kg    | reps | kg    | reps |
| Bench press           | 6-10<br>2 RIR    |       |      |       |      |       |      |
| Bent over barbell row | 6-10<br>1-2 RIR  |       |      |       |      |       |      |
| Shoulder press        | 8-12<br>1-2 RIR  |       |      |       |      | -     |      |
| Lat pull down         | 8-12<br>1-2 RIR  |       |      |       |      |       |      |
| Lateral raises        | 12-20<br>1-2 RIR |       |      |       |      | -     |      |
| Hammer curl           | 10-15<br>1-2 RIR |       |      |       |      | -     |      |
| Tricep pushdown       | 10-15<br>1-2 RIR |       |      |       |      | -     |      |

## TRAININGSLOGBOEK

# Week 8 - Training C

Training C is je tweede lower sessie van de week. De weeknotitie onderaan geldt voor de volledige trainingsweek.

## Training C - Lower B

Datum

| Oefening          | Doel             | Set 1                |                      | Set 2                |                      | Set 3                          |                      |
|-------------------|------------------|----------------------|----------------------|----------------------|----------------------|--------------------------------|----------------------|
|                   |                  | kg                   | reps                 | kg                   | reps                 | kg                             | reps                 |
| Hip thrust        | 6-10<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg press         | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Leg curl          | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Romanian deadlift | 8-12<br>1-2 RIR  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |
| Seated calf raise | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>           | <input type="text"/> |
| Cable crunch      | 10-15<br>1-2 RIR | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text" value="-"/> |                      |

### Weeknotitie

### Volgende week

Kijk eerst of je binnen dezelfde rep range kunt verbeteren. Verhoog het gewicht pas wanneer je de bovenkant van de range met goede techniek en ongeveer de aangegeven RIR behaalt.

## VOORTGANG

# Evaluatie na 8 weken

Gebruik deze pagina om terug te kijken op je resultaten. Kijk vooral naar je lower body progressie, herstel en hoe goed de drie trainingsdagen in je week pasten.

Lichaamsgewicht bij start

Lichaamsgewicht na 8 weken

Welke lower oefeningen zijn het meest vooruitgegaan?

Hoe ontwikkelde je upper training zich?

Hoe beviel de extra nadruk op het onderlichaam?

Wat wil je in de volgende trainingsperiode aanpassen?

## Meer uitleg nodig?

Op de Upper Lower pagina vind je uitleg over progressie, RIR, oefeningalternatieven en de uitvoering van de gelinkte oefeningen.

[infofitness.nl/trainingsschemas/upper-lower/](https://infofitness.nl/trainingsschemas/upper-lower/)