

Reverse pyramid training

Intensiteit mannen

Set	Reps	1RM%
1	4-6	85
2	6-8	80
3	8-10	75
4	10-12	70

Mannen intensiteit: week 1 tm 3.

Schema 1: squat en pull

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Lowbar squat	4-6	120	85
Set 2	Lowbar squat	6-8	120	80
Set 3	Highbar squat	8-10	120	70
Set 4	Highbar squat	10-12	120	60
			8 min	
B				
Set 1	Pull up variatie	4-6	120	
Set 2	Pull up variatie	6-8	120	
Set 3	Pull down pronated	8-10	120	
Set 4	Pull down supinated	10-12	120	
			8 min	
C				
Set 1	Deadlift	4-6	120	85
Set 2	Deadlift	6-8	120	80
Set 3	Bent over row	8-10	120	75
Set 4	Bent over row	10-12	120	70
			8 min	
D				
Set 1	Barbel biceps curl	4-6	120	85
Set 2	Barbel biceps curl	6-8	120	80
Set 3	Dumbel biceps curl	8-10	120	75
Set 4	Dumbel biceps curl	10-12	120	70

Schema 2: Press en abs

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Standing sholder press	4-6	120	85
Set 2	Standing sholder press	6-8	120	80
Set 3	Side raise	8-10	120	75
Set 4	Side raise	10-12	120	70
			8 min	
B				
Set 1	Powerlift Benchpress	4-6	120	85
Set 2	Powerlift benchpress	6-8	120	80
Set 3	Incline bench press	8-10	120	75
Set 4	Incline benchpress	10-12	120	70
			8 min	
C				
Set 1	Hanging leg raise	4-6	120	
Set 2	Hanging knee raise	6-8	120	
Set 3	Siccors left to right	8-10	120	
Set 4	Siccors straight	10-12	120	
			8 min	
D				
Set 1	Ellevated push up	4-6	120	85
Set 2	Push up(ellevated)	6-8	120	80
Set 3	Push up(voeten, knieen)	8-10	120	75
Set 4	Push up (knieen)	10-12	120	70
			8 min	

Week 4

Schema 1: Squat en pull

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Lowbar squat	4-6	90	85
Set 2	Lowbar squat	6-8	90	80
Set 3	Highbar squat	8-10	90	75
Set 4	Highbar squat	10-12	90	70
Set 5		6-8	90	75
Set 6		4-6	90	80
			9 min	
B				
Set 1	Pull up variatie	4-6	90	
Set 2	Pull up variatie	6-8	90	
Set 3	Pull down pronated	8-10	90	
Set 4	Pull down supinated	10-12	90	
Set 5	Pull down pronated	6-8	90	
Set 6	Pull down supinated	4-6	90	
			9 min	
C				
Set 1	Deadlift	4-6	90	85
Set 2	Deadlift	6-8	90	80
Set 3	Bent over row	8-10	90	75
Set 4	Bent over row	10-12	90	70
Set 5	Bent over row	6-8	90	75
Set 6	Bent over row	4-6	90	80
			9 min	
D				
Set 1	Barbel biceps curl	4-6	90	85
Set 2	Barbel biceps curl	6-8	90	80
Set 3	Dumbel biceps curl	8-10	90	75
Set 4	Dumbel biceps curl	10-12	90	70
Set 5	Barbel biceps curl	6-8	90	75
Set 6	Barbel biceps curl	4-6	90	80
			9 min	

Schema 2: Press en abs

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Standing sholder press	4-6	90	85
Set 2	Standing sholder press	6-8	90	80
Set 3	Standing sholder press	8-10	90	75
Set 4	Side raise	10-12	90	70
Set 5	Side raise	6-8	90	75
Set 6	Side raise	4-6	90	80
			9 min	
B				
Set 1	Powerlift Benchpress	4-6	90	85
Set 2	Powerlift benchpress	6-8	90	80
Set 3	Powerlift benchpress	8-10	90	75
Set 4	Incline benchpress	10-12	90	70
Set 5	Incline benchpress	6-8	90	75
Set 6	Incline benchpress	4-6	90	80
			9 min	
C				
Set 1	Hanging leg raise	4-6	90	
Set 2	Hanging knee raise	6-8	90	
Set 3	Siccors left to right	8-10	90	
Set 4	Siccors straight	10-12	90	
Set 5	Siccors straight	6-8	90	
Set 6	Siccors straight	4-6	90	
			9 min	
D				
Set 1	Ellevated push up	4-6	90	85
Set 2	Push up (ellevated)	6-8	90	80
Set 3	Push up (voeten,knieen)	8-10	90	75
Set 4	Push up (voeten,knieen)	10-12	90	70
Set 5	Push up hand release	6-8	90	75
Set 6	Push up hand release	4-6	90	80
			9 min	