

Reverse pyramid training

Intensiteit vrouwen

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

Vrouwen intensiteit: week 1 tm 3.

Schema 1: Billen en benen

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Lowbar squat	4-6	120	85
Set 2	Low bar 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	RDL	4-6	120	
Set 2	RDL	6-8	120	
Set 3	RDL	8-10	120	
Set 4	RDL	10-12	120	
			8 min	
C				
Set 1	Hiptruster	4-6	120	85
Set 2	Hiptruster	6-8	120	80
Set 3	Hiptruster	8-10	120	75
Set 4	Single leg hiptruster	10-12	120	70
			8 min	
D				
Set 1	Windmill	4-6	120	85
Set 2	Windmill	6-8	120	80
Set 3	Bulgarian split squat	8-10	120	75
Set 4	Bulgarian split squat	10-12	120	70

Schema 2: Buikspieren en bovenlichaam

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Pull up (excentrisch)	4-6	120	85
Set 2	Pull up (excentrisch)	6-8	120	80
Set 3	Pull down pronated	8-10	120	75
Set 4	Pull down pronated	10-12	120	70
			8 min	
B				
Set 1	Hanging leg raise	4-6	120	85
Set 2	Hanging leg raise	6-8	120	80
Set 3	Hanging knee raise	8-10	120	75
Set 4	Hanging knee raise	10-12	120	70
			8 min	
C				
Set 1	Paralettes push up	4-6	120	
Set 2	Paralettes push up	6-8	120	
Set 3	Paralettes push up knees up, feet down	8-10	120	
Set 4	Slow push up hand release	10-12	120	
			8 min	
D				
Set 1	One arm kettlebell buttoms up	4-6	120	85
Set 2	One arm kettlebell buttoms up	6-8	120	80
Set 3	One arm kettlebel press	8-10	120	75
Set 4	One arm kettlebell push press	10-12	120	70
			8 min	

Week 4

Schema 1: Billen en benen

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Lowbar squat	4-6	90	85
Set 2	Low bar squat	6-8	90	80
Set 3	Highbar squat	8-10	90	75
Set 4	Highbar squat	10-12	90	70
Set 5	Low bar squat	6-8	90	75
Set 6	Low bar squat	4-6	90	80
			9 min	
B				
Set 1	RDL	4-6	90	
Set 2	RDL	6-8	90	
Set 3	RDL	8-10	90	
Set 4	RDL	10-12	90	
Set 5	RDL	6-8	90	
Set 6	RDL	4-6	90	
			9 min	
C				
Set 1	Hiptruster	4-6	90	85
Set 2	Hiptruster	6-8	90	80
Set 3	Hiptruster	8-10	90	75
Set 4	Single leg hiptruster	10-12	90	70
Set 5	Single leg hiptruster	6-8	90	75
Set 6	Hiptruster	4-6	90	80
			9 min	
D				
Set 1	Windmill	4-6	90	85
Set 2	Windmill	6-8	90	80
Set 3	Bulgarian split squat	8-10	90	75
Set 4	Bulgarian split squat	10-12	90	70
Set 5	Bulgarian splitsquat	6-8	90	75
Set 6	Bulgarian splitsquat	4-6	90	80
			9 min	

Schema 2: Bovenlichaam en benen

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Pull up (excentrisch)	4-6	90	85
Set 2	Pull up (excentrisch)	6-8	90	80
Set 3	Pull down pronated	8-10	90	75
Set 4	Pull down pronated	10-12	90	70
Set 5	Pull down supinated	6-8	90	75
Set 6	Pull down supinated	4-6	90	80
			9 min	
B				
Set 1	Hanging leg raise	4-6	90	85
Set 2	Hanging leg raise	6-8	90	80
Set 3	Hanging knee raise	8-10	90	75
Set 4	Hanging knee raise	10-12	90	70
Set 5	Hanging knee raise	6-8	90	75
Set 6	Hanging knee raise	4-6	90	80
			9 min	
C				
Set 1	Paralettes push up	4-6	90	
Set 2	Paralettes push up	6-8	90	
Set 3	Paralettes push up knees up, feet down	8-10	90	
Set 4	Slow push up hand release	10-12	90	
Set 5	Slow push up hand release	6-8	90	
Set 6	Paralettes push up	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	