

Reverse pyramid training

Volume mannen

Set	Reps	RM%
1	3-6	85
2	6-10	75
3	10-15	65
4	15-20	55

Mannen volume: week 1 tm 3.

Schema 1: squat en pull

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Highbar squat	3-6	120	85
Set 2	Highbar squat	6-10	120	75
Set 3	Highbar squat	10-15	120	65
Set 4	Highbar squat	15-20	120	55
			8 min	
B				
Set 1	Pull down pronated	3-6	120	85
Set 2	Pull down pronated	6-10	120	75
Set 3	Pull down supinated	10-15	120	65
Set 4	Pull down supinated	15-20	120	55
			8 min	
C				
Set 1	Deadlift	3-6	120	85
Set 2	Deadlift	6-10	120	75
Set 3	Bent over row	10-15	120	65
Set 4	Bent over row	15-20	120	55
			8 min	
D				
Set 1	Barbel biceps curl	3-6	120	85
Set 2	Barbel biceps curl	6-10	120	75
Set 3	Dumbel biceps curl	10-15	120	65
Set 4	Dumbel biceps curl	15-20	120	55
			8 min	

Schema 2: Press en abs

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Standing sholder press	3-6	120	85
Set 2	Standing sholder press	6-10	120	75
Set 3	Side raise	10-15	120	65
Set 4	Side raise	15-20	120	55
			8 min	
B				
Set 1	Powerlift Benchpress	3-6	120	85
Set 2	Powerlift benchpress	6-10	120	75
Set 3	Incline bench press	10-15	120	65
Set 4	Incline benchpress	15-20	120	55
			8 min	
C				
Set 1	Hanging leg raise	3-6	120	85
Set 2	Hanging knee raise	6-10	120	75
Set 3	Siccors left to right	10-15	120	65
Set 4	Siccors straight	15-20	120	55
			8 min	
D				
Set 1	Push up(ellevated)	3-6	120	85
Set 2	Push up(ellevated)	6-10	120	75
Set 3	Push up(voeten, knieen)	10-15	120	65
Set 4	Push up (knieen)	15-20	120	55
			8 min	

Week 4

Schema 1: Squat en pull

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Highbar squat	3-6	90	85
Set 2	Highbar squat	6-10	90	75
Set 3	Highbar squat	10-15	90	65
Set 4	Highbar squat	15-20	90	55
Set 5	Highbar squat	10-15	90	55
Set 6	Highbar squat	6-10	90	65
			9 min	
B				
Set 1	Pull down pronated	3-6	90	85
Set 2	Pull down pronated	6-10	90	75
Set 3	Pull down supinated	10-15	90	65
Set 4	Pull down supinated	15-20	90	55
Set 5	Pull down pronated	10-15	90	55
Set 6	Pull down supinated	6-10	90	65
			9 min	
C				
Set 1	Deadlift	3-6	90	85
Set 2	Deadlift	6-10	90	75
Set 3	Bent over row	10-15	90	65
Set 4	Bent over row	15-20	90	55
Set 5	Bent over row	10-15	90	55
Set 6	Bent over row	6-10	90	65
			9 min	
D				
Set 1	Barbel biceps curl	3-6	90	85
Set 2	Barbel biceps curl	6-10	90	75
Set 3	Dumbel biceps curl	10-15	90	65
Set 4	Dumbel biceps curl	15-20	90	55
Set 5	Barbel biceps curl	10-15	90	55
Set 6	Barbel biceps curl	6-10	90	65
			9 min	

Schema 2: Press en abs

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Standing sholder press	3-6	90	85
Set 2	Standing sholder press	6-10	90	75
Set 3	Standing sholder press	10-15	90	65
Set 4	Side raise	15-20	90	55
Set 5	Side raise	10-15	90	55
Set 6	Side raise	6-10	90	65
			9 min	
B				
Set 1	Powerlift Benchpress	3-6	90	85
Set 2	Powerlift benchpress	6-10	90	75
Set 3	Powerlift benchpress	10-15	90	65
Set 4	Incline benchpress	15-20	90	55
Set 5	Incline benchpress	10-15	90	55
Set 6	Incline benchpress	6-10	90	65
			9 min	
C				
Set 1	Hanging leg raise	3-6	90	85
Set 2	Hanging knee raise	6-10	90	75
Set 3	Siccors left to right	10-15	90	65
Set 4	Siccors straight	15-20	90	55
Set 5	Siccors straight	10-15	90	55
Set 6	Siccors straight	6-10	90	65
			9 min	
D				
Set 1	Ellevated push up	3-6	90	85
Set 2	Push up (ellevated)	6-10	90	75
Set 3	Push up (voeten,knieen)	10-15	90	65
Set 4	Push up (voeten,knieen)	15-20	90	55
Set 5	Push up hand release	10-15	90	55
Set 6	Push up hand release	6-10	90	65
			9 min	