

Reverse pyramid training

Volume vrouwen

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

Vrouwen volume: week 1 tm 3.

Schema 1: Billen en benen

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Lowbar squat	3-6	120	85
Set 2	Lowbar 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	Hiptruster	3-6	120	85
Set 2	Hiptruster	6-10	120	75
Set 3	Hiptruster	10-15	120	65
Set 4	Single leg glute bridge	15-20	120	55
			8 min	
C				
Set 1	Windmill	3-6	120	85
Set 2	Windmill	6-10	120	75
Set 3	(weighted) Frog pump	10-15	120	65
Set 4	Frog pump	15-20	120	55
			8 min	
D				
Set 1	Pistol squat	3-6	120	85
Set 2	Bulgarian split squat	6-10	120	75
Set 3	Bulgarian splitsquat	10-15	120	65
Set 4	Split lunches	15-20	120	55
			8 min	

Schema 2: Buik en bovenlichaam

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Pull up (excentrisch)	3-6	120	85
Set 2	Excentrisch zakken	6-10	120	75
Set 3	Pull down pronated	10-15	120	65
Set 4	Pull down pronated	15-20	120	55
			8 min	
B				
Set 1	Hanging leg raise	3-6	120	85
Set 2	Hanging leg/ knee raise	6-10	120	75
Set 3	Siccors L/R	10-15	120	65
Set 4	Siccors straight	15-20	120	55
			8 min	
C				
Set 1	Paralettes push up slow	3-6	120	85
Set 2	Parralettes Push up	6-10	120	75
Set 3	Push up (hand release)	10-15	120	65
Set 4	Push up (hand release)	15-20	120	55
			8 min	
D				
Set 1	One arm kettlebell buttoms up	3-6	120	85
Set 2	One arm kettebell press	6-10	120	75
Set 3	One arm kettlebell push press	10-15	120	65
Set 4	One arm kettlebell push press	15-20	120	55
			8 min	

Week 4

Schema 1: Squat en pull

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Lowbar squat	3-6	90	85
Set 2	Lowbar 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	Hiptruster	3-6	90	85
Set 2	Hiptruster	6-10	90	75
Set 3	Hiptruster	10-15	90	65
Set 4	Single leg glute bridge	15-20	90	55
Set 5	Single leg glute bridge	10-15	90	55
Set 6	Hiptruster	6-10	90	65
			9 min	
C				
Set 1	Windmill	3-6	90	85
Set 2	Windmill	6-10	90	75
Set 3	(weighted) Frog pump	10-15	90	65
Set 4	Frog pump	15-20	90	55
Set 5	(weighted) Frog pump	10-15	90	55
Set 6	Windmill	6-10	90	65
			9 min	
D				
Set 1	Pistol squat	3-6	90	85
Set 2	Bulgarian split squat	6-10	90	75
Set 3	Bulgarian split squat	10-15	90	65
Set 4	Split lunches	15-20	90	55
Set 5	Bulgarian split squat	10-15	90	55
Set 6	Bulgarian split squat	6-10	90	65
			9 min	

Schema 2: Press en abs

Volgorde	Oefening	Herhalingen	Tijd	RM%
A				
Set 1	Pull up (excentrisch)	3-6	90	85
Set 2	Excentrisch zakken	6-10	90	75
Set 3	Pull down pronated	10-15	90	65
Set 4	Pull down pronated	15-20	90	55
Set 5	Pull down pronated	10-15	90	55
Set 6	Pull down pronated	6-10	90	65
			9 min	
B				
Set 1	Hanging leg raise	3-6	90	85
Set 2	Hanging leg/ knee raise	6-10	90	75
Set 3	Siccors L/R	10-15	90	65
Set 4	Siccors straight	15-20	90	55
Set 5	Siccors straight	10-15	90	55
Set 6	Hanging leg/ knee raise	6-10	90	65
			9 min	
C				
Set 1	Paralettes push up slow	3-6	90	85
Set 2	Paralettes push up	6-10	90	75
Set 3	Push up (hand release)	10-15	90	65
Set 4	Push up (hand release)	15-20	90	55
Set 5	Push up (hand release)	10-15	90	55
Set 6	Paralettes push up	6-10	90	65
			9 min	
D				
Set 1	One arm kettlebell buttoms up	3-6	90	
Set 2	One arm kettebell press	6-10	90	
Set 3	One arm kettlebell push press	10-15	90	
Set 4	One arm kettlebell push press	15-20	90	
Set 5	One arm kettlebell push press	10-15	90	
Set 6	One arm kettlebell push press	6-10	90	
			9 min	