Vierdaagse split

Start op je eigen tempo. Noteer na elke set je gewicht en herhalingen.

Sets × herhalingen

MAANDAG
Bovenlichaam A

Bankdrukken	3×8
Kabelroeien	3×10
Shoulder press	2×10

DINSDAG
Onderlichaam A

Squat	3×6
Romanian deadlift	3×8
Calf raises	2×12

DONDERDAG
Bovenlichaam B

Incline dumbbell press	3×8
Lat pulldown	3×10
Lateral raises	2×12

ZATERDAG
Onderlichaam B

Leg press	3×10
Split squat (per been)	2×8
Leg curl	3×10

In Setmeter

Log alle vier de trainingen gratis. Bewaar tot drie eigen schema’s gratis.
Wil je ook het vierde schema kunnen hergebruiken? Dat kan met Pro.

Download gratis voor iPhone

Four-day split

Start at your own pace. Log your weight and reps after each set.

Sets × reps

MONDAY
Upper body A

Bench press	3×8
Cable row	3×10
Shoulder press	2×10

TUESDAY
Lower body A

Squat	3×6
Romanian deadlift	3×8
Calf raises	2×12

THURSDAY
Upper body B

Incline dumbbell press	3×8
Lat pulldown	3×10
Lateral raises	2×12

SATURDAY
Lower body B

Leg press	3×10
Split squat (each leg)	2×8
Leg curl	3×10

In Setmeter

Log all four workouts for free. Save up to three of your own routines for free.

Want to save the fourth routine and use it again? You can do that with Pro.

Download free for iPhone