



**DREAM AESTHETICS**

## **Trainingsschema**

**Dominique Fattaccio**

**(2/3 minuten rust per set)**

**Maandag:** Chest + forearms

**Dinsdag:** Legs

**Woensdag:** Back + traps

**Donderdag:** Schouders

**Vrijdag:** Armen



## Monday

### Chest

- 6 sets of Bench Press ranging from 5 – 12 reps
- 4 sets of incline smith machine bench Press ranging from 5 – 12 reps + 1 set negative
- 5 sets decline dumbbell flies 5-10 reps
  - 4 sets seated cable flies 5-10 reps
  - 1 x peck deck (negatives)

### Forearms

#### Megaset

- **3 sets reverse grip ez bar preacher curls 12 reps**
- **3 sets forearm barbell rolls (barbell vastnemen met beide handen en onderarmen flexen) 12 reps**

**3 sets dumbbell twists (twee dumbbells nemen en naar links en rechts roteren) 20 reps**

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Oefening	Week1	Week2	Week3	Week4	Week5	Week6



## Tuesday

### Leggs

- 6 Sets of Leg Press ranging from 5-12 reps
- 3 Sets of smith machine lunges (achterste been op step) 8 reps per been
- 4 sets of leg Curl 8 reps
- **superset**
- **<2 sets abductor 12 reps**
- **<2 sets adductor 12 reps**
- **3 sets leg extension 8 reps + 1 laatste set negative**
- 4 Sets of Calf Presses 12-15 reps
- 4 Sets of standing cal fraise 12-15 reps

Oefening	Week1	Week2	Week3	Week4	Week5	Week6



## Wednesday

### Back

- 6 sets deadlift 5-12 reps
- 3 sets pull ups + 1 set negative
- 3 sets lat pulldown 8 reps
- 3 sets behind the neck latpulldown 8 reps
- 4 sets laying dumbbell rows (op verhoogd bankje)
- 3 sets single hand seated rows (plate loaded) 8 reps + 1 set negative + alle sets helemaal uitstrekken
- 3 sets Lat Stretchers met handdoek 12 reps

### Traps

- 8 sets of Barbell Shrugs ranging from 6 – 20 reps

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Oefening	Week1	Week2	Week3	Week4	Week5	Week6



## Thursday

### Shoulders

- 5 sets of dumbbell press ranging from 5 – 12 reps (dumbbell volledig laten zakken tot naast je schouder en volledig overstrekken, Full contraction dus let ook op je negative)
- 5 sets of smith machine behind the neck presses 5-12 reps met full contraction van top tot bodem.
- **Superset**
- **{3 sets laying side cable raises (bij de seated cable row) 8 reps**
- **{3 sets of Front cable (rope) Raises ranging from 8 reps**
- 4 sets of rear cable Raises ranging from 10 – 12 reps

Oefening	Week1	Week2	Week3	Week4	Week5	Week6



## Friday

### Biceps

- 5 sets of standing barbell Curls ranging from 8 reps
- 5 sets of seated Hammer Curls ranging from 8 reps
- 3 sets bend overs single hand isolation curls 8 reps

### Triceps

- 3 Sets of skull crushers ranging from 8 reps
- 3 sets of overhead rope extension ranging from 8 reps
- 3 sets of single hand cable kickbacks 8 reps

Oefening	Week1	Week2	Week3	Week4	Week5	Week6