



TRAINING PROGRAM

— OVERLOAD WORLDWIDE

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Datum: _____

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Nr	Exercise	Range	Rust	Sets: 1	2	3	4	5	Sets: 1	2	3	4	5
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____

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Nr	Exercise	Range	Rust	Sets: 1	2	3	4	5	Sets: 1	2	3	4	5
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____
_____	_____	_____ reps	_____ sec.	kg: _____	_____	_____	_____	_____	kg: _____	_____	_____	_____	_____
	tempo: _____			reps: _____	_____	_____	_____	_____	reps: _____	_____	_____	_____	_____