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| **WEEK** | **2** |
| **GOAL TRAINING** | **FIT AND HEALTH FULLBODY** |
| **TRAINING METHODS** | **AMRAP** |

**A picture containing food

Description automatically generated  
  
  
AMRAP - TIME CAP 12 MINUTES  
  
  
1 PUSH-UPS   
1 LUNGES FORWARDS L+R=1  
1 SIT-UP   
1 FLOOR TOUCH AND JUMP   
ADD EVERY ROUND 1 REPETITION TO EACH EXERCISE  
  
HOW MANY REPS CAN YOU MAKE IN FOLLOWD ORDER IN 12 MINUTES?   
(Send answer to PT-HAARLEM)  
-check video info before start and do a proper warm-up before you start the FIT-GAME**