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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 1 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 5 | 5 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 5-5-5 | 3 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 5-5-5 | 3 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 5-5-5 | 3 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 5-5-5 | 3 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x6 | 3 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 2 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 5 |  | 3-1-2-1 | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 5-5-5 | 3 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 5-5-5 | 3 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 5-5-5 | 3 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 5-5-5 | 3 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 7 | 3 |  | 2-2-3-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 3 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 5 | 6 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 6-6-6 | 3 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 6-6-6 | 3 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 6-6-6 | 3 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 6-6-6 | 3 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x7 | 3 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 4 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 6 |  | 3-1-2-1 | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 6-6-6 | 3 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 6-6-6 | 3 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 6-6-6 | 3 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 6-6-6 | 3 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 8 | 3 |  | 2-2-3-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 5 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 5 | 7 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 7-7-7 | 3 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 7-7-7 | 3 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 7-7-7 | 3 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 7-7-7 | 3 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x8 | 3 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 6 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 7 |  | 3-1-2-1 | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 7-7-7 | 3 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 7-7-7 | 3 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 7-7-7 | 3 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 7-7-7 | 3 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 9 | 3 |  | 2-2-3-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 7 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 5 | 8 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 8-8-8 | 3 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 8-8-8 | 3 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 8-8-8 | 3 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 8-8-8 | 3 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x9 | 3 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 8 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 8 |  | 3-1-2-1 | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 8-8-8 | 3 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 8-8-8 | 3 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 8-8-8 | 3 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 8-8-8 | 3 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 10 | 3 |  | 2-2-3-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 9 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 4 | 5 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 4-4-4 | 4 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 4-4-4 | 4 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 4-4-4 | 4 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 4-4-4 | 4 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x6 | 4 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 10 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 5 |  | 3-1-2-1 | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 4-4-4 | 4 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 4-4-4 | 4 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 4-4-4 | 4 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 4-4-4 | 4 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 7 | 4 |  | 2-2-3-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 11 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 5 | 5 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 5-5-5 | 4 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 5-5-5 | 4 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 5-5-5 | 4 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 5-5-5 | 4 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x7 | 4 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 12 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 5 |  | 3-1-2-1 | 80s |

|  |  |  |  |  |  |  |
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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 5-5-5 | 3 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 5-5-5 | 3 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 5-5-5 | 3 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 5-5-5 | 3 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 7 | 3 |  | 2-2-3-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 13 PUSH**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL BACK SQUATS | 5 | 5 |  | N.V.T | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | LEG EXTENSION MACHINE | 6-6-6 | 4 |  | 2-2-3-1 | 50s |
| 2 | KB OVERHEAD PRESS | 6-6-6 | 4 |  | 2-2-3-1 | 50s |
| 3 | CHESTPRESS MACHINE | 6-6-6 | 4 |  | 2-2-2-1 | 50s |
| 4 | CABLE TRICEP EXTENSION | 6-6-6 | 4 |  | 2-1-3-1 | 50s |
| 5 | HBH BIKE | 2x7 | 4 |  | 2-2-2-1 | 50s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP (ZIE WEBSITE) WORLDS GREATEST STRETCH (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 14 PULL**

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| **2.** | | | | | | |
| **BARBELL EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | EMOM 1 BARBELL RDL | 5 | 5 |  | 3-1-2-1 | 80s |

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| **3.** | | | | | | |
| **DROPSETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | HAMSTRING CURL MACHINE | 6-6-6 | 4 |  | 2-1-3-1 | 50s |
| 2 | CABLE ROW WIDE GRIP | 6-6-6 | 4 |  | 2-2-3-1 | 50s |
| 3 | LATPULLDOWN SMALL GRIP | 6-6-6 | 4 |  | 2-2-3-1 | 50s |
| 4 | BICEP CURLS | 6-6-6 | 4 |  | 2-2-2-1 | 50s |
| 5 | V-UPS | 8 | 4 |  | 2-2-3-1 | 50s |