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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

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

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| **2.** |
| **EMOM SUPERSETS 8 MINUTEN** |
| MINUTES 1 14 SQUATS |
| MINUTES 2 20 METERS SPRINT |
| MINUTES 3 12 SQUATS |
| MINUTES 4 20 METERS SPRINT |
| MINUTES 5 10 SQUATS |
| MINUTES 6 20 METERS SPRINT |
| MINUTES 7 8 SQUATS |
| MINUTES 8 20 METERS SPRINT |

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| **1.** |
| **COOLING-DOWN** |
| STATIC STRETCHING (ZIE WEBSITE) |

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

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

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| **2.** |
| **EMOM SUPERSETS 8 MINUTEN** |
| MINUTES 1 10 SQUATS |
| MINUTES 2 20 METERS SPRINT |
| MINUTES 3 8 JUMP SQUATS |
| MINUTES 4 20 METERS SPRINT |
| MINUTES 5 10 SQUATS |
| MINUTES 6 20 METERS SPRINT |
| MINUTES 7 8 JUMP SQUATS |
| MINUTES 8 20 METERS SPRINT |

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| **1.** |
| **COOLING-DOWN** |
| STATIC STRETCHING (ZIE WEBSITE) |

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

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

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| **2.** |
| **EMOM SUPERSETS 8 MINUTEN** |
| MINUTES 1 12 JUMP SQUATS |
| MINUTES 2 25 METERS SPRINT |
| MINUTES 3 10 JUMP SQUATS |
| MINUTES 4 25 METERS SPRINT |
| MINUTES 5 8 JUMP SQUATS |
| MINUTES 6 25 METERS SPRINT |
| MINUTES 7 6 JUMP SQUATS |
| MINUTES 8 25 METERS SPRINT |

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| **1.** |
| **COOLING-DOWN** |
| STATIC STRETCHING (ZIE WEBSITE) |

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

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

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| **2.** |
| **EMOM SUPERSETS 8 MINUTEN** |
| MINUTES 1 8 TUCK JUMP SQUATS |
| MINUTES 2 25 METERS SPRINT |
| MINUTES 3 8 JUMP SQUATS |
| MINUTES 4 25 METERS SPRINT |
| MINUTES 5 8 TUCK JUMP SQUATS |
| MINUTES 6 25 METERS SPRINT |
| MINUTES 7 8 JUMP SQUATS |
| MINUTES 8 25 METERS SPRINT |

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| **1.** |
| **COOLING-DOWN** |
| STATIC STRETCHING (ZIE WEBSITE) |

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

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

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| **2.** |
| **EMOM SUPERSETS 8 MINUTEN** |
| MINUTES 1 10 TUCK JUMP SQUATS |
| MINUTES 2 30 METERS SPRINT |
| MINUTES 3 10 TUCK JUMP SQUATS |
| MINUTES 4 30 METERS SPRINT |
| MINUTES 5 8 TUCK JUMP SQUATS |
| MINUTES 6 30 METERS SPRINT |
| MINUTES 7 8 TUCK JUMP SQUATS |
| MINUTES 8 30 METERS SPRINT |

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| **1.** |
| **COOLING-DOWN** |
| STATIC STRETCHING (ZIE WEBSITE) |