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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 7x18/12 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 7x18/12 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 7x18/12 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 7x18/12 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 7x18/12 |  |  | 2-2-2-1 | 90s |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 7x18/12 |  |  | 2-2-3-1 | 90s |
| 2 |  | 7x18/12 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 7x18/12 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 7x18/12 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 7x18/12 |  |  | 2-1-3-1 | 90s |

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 7x22/12 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 7x22/12 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 7x22/12 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 7x22/12 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 7x22/12 |  |  | 2-2-2-1 | 90s |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 7x22/12 |  |  | 2-2-3-1 | 90s |
| 2 |  | 7x22/12 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 7x22/12 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 7x22/12 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 7x22/12 |  |  | 2-1-3-1 | 90s |

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 7x24/10 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 7x24/10 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 7x24/10 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 7x24/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 7x24/10 |  |  | 2-2-2-1 | 90s |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 7x24/10 |  |  | 2-2-3-1 | 90s |
| 2 |  | 7x24/10 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 7x24/10 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 7x24/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 7x24/10 |  |  | 2-1-3-1 | 90s |

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 8x18/12 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 8x18/12 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 8x18/12 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 8x18/12 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 8x18/12 |  |  | 2-2-2-1 | 90s |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 8x18/12 |  |  | 2-2-3-1 | 90s |
| 2 |  | 8x18/12 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 8x18/12 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 8x18/12 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 8x18/12 |  |  | 2-1-3-1 | 90s |

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 8x20/10 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 8x20/10 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 8x20/10 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 8x20/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 8x20/10 |  |  | 2-2-2-1 | 90s |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 8x20/10 |  |  | 2-2-3-1 | 90s |
| 2 |  | 8x20/10 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 8x20/10 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 8x20/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 8x20/10 |  |  | 2-1-3-1 | 90s |

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 8x24/10 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 8x24/10 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 8x24/10 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 8x24/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 8x24/10 |  |  | 2-2-2-1 | 90s |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 8x24/10 |  |  | 2-2-3-1 | 90s |
| 2 |  | 8x24/10 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 8x24/10 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 8x24/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 8x24/10 |  |  | 2-1-3-1 | 90s |

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 70 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | JUMP SQUATS | 10 | 4 |  | N.V.T | 80s |
| 2 | PUSH-UPS WALKOUTS | 5 | 4 |  | N.V.T |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **TIME** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | LUNGES BACKWARDS 20sL dan pas 20sR | 9x20/10 |  |  | 2-2-3-1 | 90s |
| 2 | BARBELL SMALL BENCHPRESS | 9x20/10 |  |  | 2-2-3-1 | 90s |
| 3 | DUMBELL SIDE RAISES | 9x20/10 |  |  | 2-2-2-1 | 90s |
| 4 | DUMBELL TRICEPS EXTENSION LYING | 9x20/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL SINGLE ARM TRICEP EXTENSION | 9x20/10 |  |  | 2-2-2-1 | 90s |

CORE NAAR KEUZE

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **TABATA WERK/RUST** | | | | | | |
|  |  | **REPS** |  | **WHEIGHT** | **TEMPO** | **REST** |
| 1x | DUMBELL SINGLE ARM ROW | 9x20/10 |  |  | 2-2-3-1 | 90s |
| 2 |  | 9x20/10 |  |  | 2-2-2-1 | 90s |
| 3 | BAND REVERSE FLY | 9x20/10 |  |  | 2-1-3-1 | 90s |
| 4 | BARBELL BICEP CURL | 9x20/10 |  |  | 2-1-3-1 | 90s |
| 5x | DUMBELL BICEP CONCENTRAITION CURL | 9x20/10 |  |  | 2-1-3-1 | 90s |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **BARBELL EMOM SUPERSETS 80 SECONDEN** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | BARBELL SUMO RDL HIGH PULL | 7 | 4 |  |  | 80s |
| 2 | BARBELL BENT OVER ROW | 8 | 4 |  | 2-1-3-1 |  |