WORKOUT 1

UPPERBODY

1.

WARMING-UP

	2.						
	THUIS TRISI	ET ON TIME					
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST	
1	FRONTSQUATS DUMBELL	30s	3		3-1-2-1		
	DUMBELL CHEST PRESS	30 s			3-1-2-1	60s	
	DIPPING BIHIND THE BACK (STOEL)	30 s			3-1-2-1		
2	DUMBELL LUNGES BACKWARDS	30s	3		2-2-2-1		
	BARELL OH PRESS	30 s			2-2-2-1	60s	
	PLATE SIDE RAISES	30 s			2-1-3-1		
3	WALLSIT	30s	3		n.v.t.		
	BARBELL BICEP CURL	30 s			2-1-3-1	60s	
	DUMBELL TRICEP EXTENSION	30 s			3-1-2-1		

3.
CONDITIONING
2x100 ROPE JUMPS

WORKOUT 2

LOWERBODY

1.

WARMING-UP

	2.							
	THUIS TRISET ON TIME							
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST		
1	DUMBELL RDL	30s	3		3-1-2-1			
	BARBELL BICEP CURL	30 s			2-1-3-1	60s		
	нвн віке	30 s			2-2-2-1			
2	HIP THRUSTER	30s	3		2-2-2-1			
	BARBELL BENT OVER ROW	30 s			2-2-2-2	60s		
	NINJA	30 s			2-1-2-1			
3	BAND REVERSE FLY	30s	3		2-2-3-1			
	DUMBELL BICEP CURL	30 s			2-1-3-1	60s		
	PLANKING	30 s						

3.
CONDITIONING
2x110 ROPE JUMPS

WORKOUT 3

UPPERBODY

1.

WARMING-UP

	2.							
	THUIS TRI	SET ON TIME						
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST		
1	FRONTSQUATS DUMBELL	35s	4		3-1-2-1			
	DUMBELL CHEST PRESS	35s			3-1-2-1	60s		
	DIPPING BIHIND THE BACK (STOEL)	35s			3-1-2-1			
2	DUMBELL LUNGES BACKWARDS	35s	4		2-2-2-1			
	BARELL OH PRESS	35s			2-2-2-1	60s		
	PLATE SIDE RAISES	35s			2-1-3-1			
3	WALLSIT	35s	4		n.v.t.			
	BARBELL BICEP CURL	35s			2-1-3-1	60s		
	DUMBELL TRICEP EXTENSION	35s			3-1-2-1			

	3.	
	CONDITIONING	
2x120 ROPE JUMPS		

WWW.PT-HAARLEM.NL WORKOUT 4

LOWERBODY

ч	

WARMING-UP

		2.					
	THUIS TRISET ON TIME						
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST	
1	DUMBELL RDL	35s	4		3-1-2-1		
	BARBELL BICEP CURL	35s			2-1-3-1	60s	
	нвн віке	35s			2-2-2-1		
2	HIP THRUSTER	35s	4		2-2-2-1		
	BARBELL BENT OVER ROW	35s			2-2-2-2	60s	
	NINJA	35s			2-1-2-1		
3	BAND REVERSE FLY	35s	4		2-2-3-1		
	DUMBELL BICEP CURL	35s			2-1-3-1	60s	
	PLANKING	35s					

	3.
	CONDITIONING
3x80 ROPEJUMPS	

WORKOUT 5

UPPERBODY

1.

WARMING-UP

		2.				
	THUIS TRI	SET ON TIME				
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST
1	FRONTSQUATS DUMBELL	40s	4		3-1-2-1	
	DUMBELL CHEST PRESS	40s			3-1-2-1	60s
	DIPPING BIHIND THE BACK (STOEL)	40s			3-1-2-1	
2	DUMBELL LUNGES BACKWARDS	40s	4		2-2-2-1	
	BARELL OH PRESS	40s			2-2-2-1	60s
	PLATE SIDE RAISES	40s			2-1-3-1	
3	WALLSIT	40s	4		n.v.t.	
	BARBELL BICEP CURL	40s			2-1-3-1	60s
	DUMBELL TRICEP EXTENSION	40s			3-1-2-1	

3.	
CONDITIONING	
3x90 ROPEJUMPS	

WORKOUT 6

LOWERBODY

1.

WARMING-UP

	2.							
	THUIS TRISET ON TIME							
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST		
1	DUMBELL RDL	40s	4		3-1-2-1			
	BARBELL BICEP CURL	40 s			2-1-3-1	60s		
	нвн віке	40s			2-2-2-1			
2	HIP THRUSTER	40s	4		2-2-2-1			
	BARBELL BENT OVER ROW	40s			2-2-2-2	60s		
	NINJA	40s			2-1-2-1			
3	BAND REVERSE FLY	40s	4		2-2-3-1			
	DUMBELL BICEP CURL	40s			2-1-3-1	60s		
	PLANKING	40s						

3.
CONDITIONING
3x100 ROPEJUMPS

WORKOUT 7

UPPERBODY

1.

WARMING-UP

	2.							
	THUIS TRISET ON TIME							
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST		
1	FRONTSQUATS DUMBELL	45s	4		3-1-2-1			
	DUMBELL CHEST PRESS	45s			3-1-2-1	60s		
	DIPPING BIHIND THE BACK (STOEL)	45s			3-1-2-1			
2	DUMBELL LUNGES BACKWARDS	45s	4		2-2-2-1			
	BARELL OH PRESS	45s			2-2-2-1	60s		
	PLATE SIDE RAISES	45s			2-1-3-1			
3	WALLSIT	45s	4		n.v.t.			
	BARBELL BICEP CURL	45s			2-1-3-1	60s		
	DUMBELL TRICEP EXTENSION	45s			3-1-2-1			

	3.	
	CONDITIONING	
4x90 ROPEJUMPS		

WORKOUT 8

LOWERBODY

1.

WARMING-UP

	2.						
	THU	IIS TRISET ON TIME					
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST	
1	DUMBELL RDL	45s	4		3-1-2-1		
	BARBELL BICEP CURL	45s			2-1-3-1	60s	
	нвн віке	45s			2-2-2-1		
2	HIP THRUSTER	45s	4		2-2-2-1		
	BARBELL BENT OVER ROW	45s			2-2-2-2	60s	
	NINJA	45s			2-1-2-1		
3	BAND REVERSE FLY	45s	4		2-2-3-1		
	DUMBELL BICEP CURL	45s			2-1-3-1	60s	
	PLANKING	45s					

3.
CONDITIONING
4x100 ROPEJUMPS

WORKOUT 9

UPPERBODY

1.

WARMING-UP

	2.							
	THUIS TRISET ON TIME							
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST		
1	FRONTSQUATS DUMBELL	25 s	5		3-1-2-1			
	DUMBELL CHEST PRESS	25 s			3-1-2-1	60s		
	DIPPING BIHIND THE BACK (STOEL)	25 s			3-1-2-1			
2	DUMBELL LUNGES BACKWARDS	25s	5		2-2-2-1			
	BARELL OH PRESS	25 s			2-2-2-1	60s		
	PLATE SIDE RAISES	25 s			2-1-3-1			
3	WALLSIT	25s	5		n.v.t.			
	BARBELL BICEP CURL	25 s			2-1-3-1	60s		
	DUMBELL TRICEP EXTENSION	25 s			3-1-2-1			

3.	
CONDITIO	NING
250 ROPEJUMPS	

WWW.PT-HAARLEM.NL WORKOUT 10 LOWERBODY

	1.
	WARMING-UP
DVC WARMING-IID (ZIE WERSITE)	

	2.						
	ТНО	IS TRISET ON TIME					
	TRISETS	SEC.	SETS	WHEIGHT	TEMPO	REST	
1	DUMBELL RDL	30s	5		3-1-2-1		
	BARBELL BICEP CURL	30 s			2-1-3-1	60s	
	нвн віке	30 s			2-2-2-1		
2	HIP THRUSTER	30s	5		2-2-2-1		
	BARBELL BENT OVER ROW	30 s			2-2-2-2	60s	
	NINJA	30 s			2-1-2-1		
3	BAND REVERSE FLY	30s	5		2-2-3-1		
	DUMBELL BICEP CURL	30 s			2-1-3-1	60s	
	PLANKING	30 s					

	3.	
	CONDITIONING	
300 ROPE JUMPS		