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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 2 / 6x | 2 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 2 / 6x | 2 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 2 / 6x | 2 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 30 30 | 4 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 30 30 | 4 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3 / 6x | 2 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 3 / 6x | 2 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 3 / 6x | 2 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 35 35 | 4 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 35 35 | 4 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 4 / 6x | 2 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 4 / 6x | 2 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 4 / 6x | 2 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 40 40 | 4 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 40 40 | 4 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 5 / 6x | 2 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 5 / 6x | 2 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 5 / 6x | 2 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 45 45 | 4 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 45 45 | 4 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 2 / 6x | 3 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 2 / 6x | 3 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 2 / 6x | 3 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 30 30 | 5 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 30 30 | 5 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3 / 6x | 3 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 3 / 6x | 3 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 3 / 6x | 3 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 35 35 | 5 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 35 35 | 5 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 4 / 6x | 3 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 4 / 6x | 3 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 4 / 6x | 3 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 40 40 | 4 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 40 40 | 4 |  | 3-1-2-1 2-1-3-1 | 70s |

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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP + WORLDS GREATEST STRETCH |

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

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| **2.** | | | | | | |
| **SPEED UP SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 5 / 6x | 3 |  | 3-2-2-1 | 70s |
| 2 | BARBELL BENCHPRESS | 5 / 6x | 3 |  | 3-1-2-1 | 70s |
| 3 | OVERHEAD PRESS | 5 / 6x | 3 |  | 2-1-2-1 | 70s |

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| **3.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  | **SUPERSET** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. CABLE ROW  2. PUSH-UPS | 45 45 | 4 |  | 3-1-2-1 3-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL WIDE GRIP | 45 45 | 4 |  | 3-1-2-1 2-1-3-1 | 70s |