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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 | 3030 | 4 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 3030 | 4 |  | 3-1-2-12-1-3-1 | 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 | 3535 | 4 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 3535 | 4 |  | 3-1-2-12-1-3-1 | 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 | 4040 | 4 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 4040 | 4 |  | 3-1-2-12-1-3-1 | 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 | 4545 | 4 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 4545 | 4 |  | 3-1-2-12-1-3-1 | 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 | 3030 | 5 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 3030 | 5 |  | 3-1-2-12-1-3-1 | 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 | 3535 | 5 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 3535 | 5 |  | 3-1-2-12-1-3-1 | 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 | 4040 | 4 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 4040 | 4 |  | 3-1-2-12-1-3-1 | 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 | 4545 | 4 |  | 3-1-2-13-1-2-1 | 70s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL WIDE GRIP | 4545 | 4 |  | 3-1-2-12-1-3-1 | 70s |