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

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

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 8 | 3 |  | 3-2-3-1 | 60s |
| 2 | BARBELL BACKSQUATS | 8 | 3 |  | 3-1-2-1 | 60s |
| 3 | DUMBELL BOX STEP-UPS | 2x6 | 3 |  | 2-1-2-1 | 60s |
| 4 | BAND HIPTHRUSTER | 12 | 3 |  | 2-1-3-1 | 60s |
| 5 | CALF RAISES | 12 | 3 |  | 2-1-3-1 | 60s |

|  |  |  |  |  |  |  |
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| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
| 1 | **40 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCHPRESS | 8 | 3 |  | 3-2-3-1 | 60s |
| 2 | CABLE ROW | 8 | 3 |  | 2-1-3-1 | 60s |
| 3 | DUMBELL ARNOLDPRESS | 8 | 3 |  | 2-1-2-1 | 60s |
| 4 | LATPULLDOWN | 8 | 3 |  | 2-2-3-1 | 60s |
| 5 | BICEP CABLE CURL | 10 | 3 |  | 2-1-3-1 | 60s |
| 6 | TRICEP CABLE EXTENSION | 10 | 3 |  | 2-1-3-1 | 60s |

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **45 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 9 | 3 |  | 3-2-3-1 | 60s |
| 2 | BARBELL BACKSQUATS | 9 | 3 |  | 3-1-2-1 | 60s |
| 3 | DUMBELL BOX STEP-UPS | 2x7 | 3 |  | 2-1-2-1 | 60s |
| 4 | BAND HIPTHRUSTER | 13 | 3 |  | 2-1-3-1 | 60s |
| 5 | CALF RAISES | 13 | 3 |  | 2-1-3-1 | 60s |

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| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
| 1 | **50 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCHPRESS | 9 | 3 |  | 3-2-3-1 | 60s |
| 2 | CABLE ROW | 9 | 3 |  | 2-1-3-1 | 60s |
| 3 | DUMBELL ARNOLDPRESS | 9 | 3 |  | 2-1-2-1 | 60s |
| 4 | LATPULLDOWN | 9 | 3 |  | 2-2-3-1 | 60s |
| 5 | BICEP CABLE CURL | 11 | 3 |  | 2-1-3-1 | 60s |
| 6 | TRICEP CABLE EXTENSION | 11 | 3 |  | 2-1-3-1 | 60s |

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| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **55 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 10 | 3 |  | 3-2-3-1 | 60s |
| 2 | BARBELL BACKSQUATS | 10 | 3 |  | 3-1-2-1 | 60s |
| 3 | DUMBELL BOX STEP-UPS | 2x8 | 3 |  | 2-1-2-1 | 60s |
| 4 | BAND HIPTHRUSTER | 14 | 3 |  | 2-1-3-1 | 60s |
| 5 | CALF RAISES | 14 | 3 |  | 2-1-3-1 | 60s |

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| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
| 1 | **60 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCHPRESS | 10 | 3 |  | 3-2-3-1 | 60s |
| 2 | CABLE ROW | 10 | 3 |  | 2-1-3-1 | 60s |
| 3 | DUMBELL ARNOLDPRESS | 10 | 3 |  | 2-1-2-1 | 60s |
| 4 | LATPULLDOWN | 10 | 3 |  | 2-2-3-1 | 60s |
| 5 | BICEP CABLE CURL | 12 | 3 |  | 2-1-3-1 | 60s |
| 6 | TRICEP CABLE EXTENSION | 12 | 3 |  | 2-1-3-1 | 60s |

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **65 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 8 | 4 |  | 3-2-3-1 | 60s |
| 2 | BARBELL BACKSQUATS | 8 | 4 |  | 3-1-2-1 | 60s |
| 3 | DUMBELL BOX STEP-UPS | 2x6 | 4 |  | 2-1-2-1 | 60s |
| 4 | BAND HIPTHRUSTER | 12 | 4 |  | 2-1-3-1 | 60s |
| 5 | CALF RAISES | 12 | 4 |  | 2-1-3-1 | 60s |

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| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
| 1 | **70 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCHPRESS | 8 | 4 |  | 3-2-3-1 | 60s |
| 2 | CABLE ROW | 8 | 4 |  | 2-1-3-1 | 60s |
| 3 | DUMBELL ARNOLDPRESS | 8 | 4 |  | 2-1-2-1 | 60s |
| 4 | LATPULLDOWN | 8 | 4 |  | 2-2-3-1 | 60s |
| 5 | BICEP CABLE CURL | 10 | 4 |  | 2-1-3-1 | 60s |
| 6 | TRICEP CABLE EXTENSION | 10 | 4 |  | 2-1-3-1 | 60s |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **75 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 9 | 4 |  | 3-2-3-1 | 60s |
| 2 | BARBELL BACKSQUATS | 9 | 4 |  | 3-1-2-1 | 60s |
| 3 | DUMBELL BOX STEP-UPS | 2x7 | 4 |  | 2-1-2-1 | 60s |
| 4 | BAND HIPTHRUSTER | 13 | 4 |  | 2-1-3-1 | 60s |
| 5 | CALF RAISES | 13 | 4 |  | 2-1-3-1 | 60s |

|  |  |  |  |  |  |  |
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| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
| 1 | **80 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCHPRESS | 9 | 4 |  | 3-2-3-1 | 60s |
| 2 | CABLE ROW | 9 | 4 |  | 2-1-3-1 | 60s |
| 3 | DUMBELL ARNOLDPRESS | 9 | 4 |  | 2-1-2-1 | 60s |
| 4 | LATPULLDOWN | 9 | 4 |  | 2-2-3-1 | 60s |
| 5 | BICEP CABLE CURL | 11 | 4 |  | 2-1-3-1 | 60s |
| 6 | TRICEP CABLE EXTENSION | 11 | 4 |  | 2-1-3-1 | 60s |

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| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **85 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 10 | 4 |  | 3-2-3-1 | 60s |
| 2 | BARBELL BACKSQUATS | 10 | 4 |  | 3-1-2-1 | 60s |
| 3 | DUMBELL BOX STEP-UPS | 2x8 | 4 |  | 2-1-2-1 | 60s |
| 4 | BAND HIPTHRUSTER | 14 | 4 |  | 2-1-3-1 | 60s |
| 5 | CALF RAISES | 14 | 4 |  | 2-1-3-1 | 60s |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
| 1 | **90 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |

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

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

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| **4.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCHPRESS | 10 | 3 |  | 3-2-3-1 | 60s |
| 2 | CABLE ROW | 10 | 3 |  | 2-1-3-1 | 60s |
| 3 | DUMBELL ARNOLDPRESS | 10 | 3 |  | 2-1-2-1 | 60s |
| 4 | LATPULLDOWN | 10 | 3 |  | 2-2-3-1 | 60s |
| 5 | BICEP CABLE CURL | 12 | 3 |  | 2-1-3-1 | 60s |
| 6 | TRICEP CABLE EXTENSION | 12 | 3 |  | 2-1-3-1 | 60s |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **100 CALORIEEN MACHINE NAAR KEUZE** |  |  |  |  |  |