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

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 MACHINE NAAR KEUZE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS  | 3x6 | 2 |  | 3-1-2-1 | 60s |
| 3 | BARBELL BENCHPRESS | 3x6 | 2 |  | 3-1-2-1 | 60s |
| 4 | DUMBELL ARNOLD PRESS | 3x6 | 2 |  | 2-1-2-1 | 60s |
| 5 | DUMBELL SHOULDER SIDE RAISES  | 3x6 | 2 |  | 2-1-3-1 | 60s |
| 6 | CABLE TRICEP EXTENSION | 3x6 | 2 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **BAND CORE PRESS** | **3x8** | **3** |  | **2-1-2-1** | **40s** |

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

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

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| **2.** |
| **CONDITIONING** |
| 8 MINUTEN ROEIMACHINE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3x8 | 2 |  | 3-1-2-1 | 60s |
| 2 | BARBELL BENT OVER ROW | 3x8 | 2 |  | 3-1-2-1 | 60s |
| 3 | LATPULL DOWN | 3x8 | 2 |  | 2-1-3-1 | 60s |
| 4 | FACEPULL | 3x8 | 2 |  | 2-1-2-1 | 60s |
| 5 | BARBELL BICEP CURL | 3x8 | 2 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **V-UPS** | **7** | **3** |  | **2-2-2-1** | **50s** |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 MACHINE NAAR KEUZE |

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

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS  | 3x4 | 3 |  | 3-1-2-1 | 60s |
| 3 | BARBELL BENCHPRESS | 3x4 | 3 |  | 3-1-2-1 | 60s |
| 4 | DUMBELL ARNOLD PRESS | 3x4 | 3 |  | 2-1-2-1 | 60s |
| 5 | DUMBELL SHOULDER SIDE RAISES  | 3x4 | 3 |  | 2-1-3-1 | 60s |
| 6 | CABLE TRICEP EXTENSION | 3x6 | 3 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **BAND CORE PRESS** | **3x9** | **3** |  | **2-1-2-1** | **40s** |

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

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

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| **2.** |
| **CONDITIONING** |
| 8 MINUTEN ROEIMACHINE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3x4 | 3 |  | 3-1-2-1 | 60s |
| 2 | BARBELL BENT OVER ROW | 3x4 | 3 |  | 3-1-2-1 | 60s |
| 3 | LATPULL DOWN | 3x4 | 3 |  | 2-1-3-1 | 60s |
| 4 | FACEPULL | 3x4 | 3 |  | 2-1-2-1 | 60s |
| 5 | BARBELL BICEP CURL | 3x6 | 3 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **V-UPS** | **8** | **3** |  | **2-2-2-1** | **50s** |

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

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 MACHINE NAAR KEUZE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS  | 3x5 | 3 |  | 3-1-2-1 | 60s |
| 3 | BARBELL BENCHPRESS | 3x5 | 3 |  | 3-1-2-1 | 60s |
| 4 | DUMBELL ARNOLD PRESS | 3x5 | 3 |  | 2-1-2-1 | 60s |
| 5 | DUMBELL SHOULDER SIDE RAISES  | 3x5 | 3 |  | 2-1-3-1 | 60s |
| 6 | CABLE TRICEP EXTENSION | 3x7 | 3 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **BAND CORE PRESS** | **3x10** | **3** |  | **2-1-2-1** | **40s** |

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

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

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| **2.** |
| **CONDITIONING** |
| 8 MINUTEN ROEIMACHINE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3x5 | 3 |  | 3-1-2-1 | 60s |
| 2 | BARBELL BENT OVER ROW | 3x5 | 3 |  | 3-1-2-1 | 60s |
| 3 | LATPULL DOWN | 3x5 | 3 |  | 2-1-3-1 | 60s |
| 4 | FACEPULL | 3x5 | 3 |  | 2-1-2-1 | 60s |
| 5 | BARBELL BICEP CURL | 3x7 | 3 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **V-UPS** | **9** | **3** |  | **2-2-2-1** | **50s** |

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

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 MACHINE NAAR KEUZE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS  | 3x6 | 3 |  | 3-1-2-1 | 60s |
| 3 | BARBELL BENCHPRESS | 3x6 | 3 |  | 3-1-2-1 | 60s |
| 4 | DUMBELL ARNOLD PRESS | 3x6 | 3 |  | 2-1-2-1 | 60s |
| 5 | DUMBELL SHOULDER SIDE RAISES  | 3x6 | 3 |  | 2-1-3-1 | 60s |
| 6 | CABLE TRICEP EXTENSION | 3x8 | 3 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **BAND CORE PRESS** | **3x11** | **3** |  | **2-1-2-1** | **40s** |

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

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

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| **2.** |
| **CONDITIONING** |
| 8 MINUTEN ROEIMACHINE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3x6 | 3 |  | 3-1-2-1 | 60s |
| 2 | BARBELL BENT OVER ROW | 3x6 | 3 |  | 3-1-2-1 | 60s |
| 3 | LATPULL DOWN | 3x6 | 3 |  | 2-1-3-1 | 60s |
| 4 | FACEPULL | 3x6 | 3 |  | 2-1-2-1 | 60s |
| 5 | BARBELL BICEP CURL | 3x8 | 3 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **V-UPS** | **10** | **3** |  | **2-2-2-1** | **50s** |

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

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

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| --- |
| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 MACHINE NAAR KEUZE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS  | 3x3 | 4 |  | 3-1-2-1 | 60s |
| 3 | BARBELL BENCHPRESS | 3x3 | 4 |  | 3-1-2-1 | 60s |
| 4 | DUMBELL ARNOLD PRESS | 3x3 | 4 |  | 2-1-2-1 | 60s |
| 5 | DUMBELL SHOULDER SIDE RAISES  | 3x3 | 4 |  | 2-1-3-1 | 60s |
| 6 | CABLE TRICEP EXTENSION | 3x6 | 4 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **BAND CORE PRESS** | **3x8** | **4** |  | **2-1-2-1** | **40s** |

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

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

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| **2.** |
| **CONDITIONING** |
| 8 MINUTEN ROEIMACHINE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3x3 | 4 |  | 3-1-2-1 | 60s |
| 2 | BARBELL BENT OVER ROW | 3x3 | 4 |  | 3-1-2-1 | 60s |
| 3 | LATPULL DOWN | 3x3 | 4 |  | 2-1-3-1 | 60s |
| 4 | FACEPULL | 3x3 | 4 |  | 2-1-2-1 | 60s |
| 5 | BARBELL BICEP CURL | 3x7 | 4 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **V-UPS** | **6** | **4** |  | **2-2-2-1** | **50s** |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 MACHINE NAAR KEUZE |

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

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS  | 3x4 | 4 |  | 3-1-2-1 | 60s |
| 3 | BARBELL BENCHPRESS | 3x4 | 4 |  | 3-1-2-1 | 60s |
| 4 | DUMBELL ARNOLD PRESS | 3x4 | 4 |  | 2-1-2-1 | 60s |
| 5 | DUMBELL SHOULDER SIDE RAISES  | 3x4 | 4 |  | 2-1-3-1 | 60s |
| 6 | CABLE TRICEP EXTENSION | 3x6 | 4 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **BAND CORE PRESS** | **3x9** | **4** |  | **2-1-2-1** | **40s** |

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

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

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| **2.** |
| **CONDITIONING** |
| 8 MINUTEN ROEIMACHINE |

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| **4.** |
| **DROPSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT | 3x4 | 4 |  | 3-1-2-1 | 60s |
| 2 | BARBELL BENT OVER ROW | 3x4 | 4 |  | 3-1-2-1 | 60s |
| 3 | LATPULL DOWN | 3x4 | 4 |  | 2-1-3-1 | 60s |
| 4 | FACEPULL | 3x4 | 4 |  | 2-1-2-1 | 60s |
| 5 | BARBELL BICEP CURL | 3x8 | 4 |  | 2-1-3-1 | 60s |

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| **4.** |
| **ABS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **V-UPS** | **7** | **4** |  | **2-2-2-1** | **50s** |