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

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

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 2 / 6x | 2 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 2 / 6x | 2 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 3030 | 3 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 3030 | 3 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 3030 | 3 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 3030 | 3 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 3 / 6x | 2 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 3 / 6x | 2 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 3535 | 3 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 3535 | 3 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 3535 | 3 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 3535 | 3 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 2 / 6x | 3 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 2 / 6x | 3 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 4040 | 3 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 4040 | 3 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 4040 | 3 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 4040 | 3 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 3 / 6x | 3 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 3 / 6x | 3 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 3030 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 3030 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 3030 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 3030 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 4 / 6x | 3 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 4 / 6x | 3 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 3535 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 3535 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 3535 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 3535 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 2 / 6x | 4 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 2 / 6x | 4 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 4040 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 4040 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

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

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 4040 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 4040 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

**WWW.PT-HAARLEM.NL WORKOUT 13 LOWERBODY**

|  |
| --- |
| **2.** |
| **SPEED UP SETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL RDL  | 3 / 6x | 4 |  | 3-2-2-2 | 70s |
| 2 | DUMBELL GOBLET FRONT SQUATS | 3 / 6x | 4 |  | 3-1-2-1 | 70s |

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND HIP TRHUSTER2. BODYWHEIGHT LUNGES BACKWORDS | 4545 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS 2. CALF RAISES | 4545 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |

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

**WWW.PT-HAARLEM.NL WORKOUT 14 UPPERBODY**

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

|  |
| --- |
| **3.** |
| **SUPERSETS ON TIME** |
|  | **SUPERSET**  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. BAND LATPULL 2. BAND REVERSE FLY | 4545 | 4 |  | 3-1-2-13-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION2. EZ-BARBELL BICEP CURL  | 4545 | 4 |  | 3-1-2-12-1-3-1 | 50s |

|  |
| --- |
| **4.** |
| **CORE** |
| CORE NAAR KEUZE 1 tot 2 oefenignen |