|  |
| --- |
| **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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 30 30 | 3 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 30 30 | 3 |  | 3-1-2-1 2-1-3-1 | 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 | 30 30 | 3 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 30 30 | 3 |  | 3-1-2-1 2-1-3-1 | 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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 35 35 | 3 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 35 35 | 3 |  | 3-1-2-1 2-1-3-1 | 50s |

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

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| --- |
| **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 | 35 35 | 3 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 35 35 | 3 |  | 3-1-2-1 2-1-3-1 | 50s |

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

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| --- |
| **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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 40 40 | 3 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 40 40 | 3 |  | 3-1-2-1 2-1-3-1 | 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 | 40 40 | 3 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 40 40 | 3 |  | 3-1-2-1 2-1-3-1 | 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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 30 30 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 30 30 | 4 |  | 3-1-2-1 2-1-3-1 | 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 | 30 30 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 30 30 | 4 |  | 3-1-2-1 2-1-3-1 | 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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 35 35 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 35 35 | 4 |  | 3-1-2-1 2-1-3-1 | 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 | 35 35 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 35 35 | 4 |  | 3-1-2-1 2-1-3-1 | 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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 40 40 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 40 40 | 4 |  | 3-1-2-1 2-1-3-1 | 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 | 40 40 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 40 40 | 4 |  | 3-1-2-1 2-1-3-1 | 50s |

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

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| --- |
| **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 TRHUSTER 2. BODYWHEIGHT LUNGES BACKWORDS | 45 45 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. BODYWHEIGHT BOX STEP-UPS  2. CALF RAISES | 45 45 | 4 |  | 3-1-2-1 2-1-3-1 | 50s |

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

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| --- |
| **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 | 45 45 | 4 |  | 3-1-2-1 3-1-2-1 | 50s |
| 2 | 1. CABLE TRICEP EXTENSION 2. EZ-BARBELL BICEP CURL | 45 45 | 4 |  | 3-1-2-1 2-1-3-1 | 50s |

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