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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

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

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

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x4 9 | 4 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 6 6 | 4 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 1** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

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

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

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x5 10 | 4 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 7 7 | 4 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 2** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP MACHINE NAAR KEUZE |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/20 |

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x6 10 | 4 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 8 8 | 4 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 3** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP MACHINE NAAR KEUZE |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 4x 60/30 |

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x7 11 | 4 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 9 9 | 4 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 4** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 5x 60/20 |

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x4 9 | 5 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 6 6 | 5 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 1** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 5x 60/30 MACHINE NAAR KEUZE |

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x5 10 | 5 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 7 7 | 5 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 2** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

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

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| **2.** |
| **CONDITIONING** |
| INTERVAL 6x 60/20 MACHINE NAAR KEUZE |

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x6 11 | 5 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 8 8 | 5 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 3** |  |  |  |  |  |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

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

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| --- |
| **2.** |
| **CONDITIONING** |
| INTERVAL 6x 60/30 MACHINE NAAR KEUZE |

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| **4.** | | | | | | |
| **EMOM SUPERSET 8/10 MINUTES** | | | | | | |
|  | **EMOM SUPERSET 8 MINUTES** | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **TIME** |
| 1 | PLATE OVERHEAD LUNGES CABLE ROW | 2x7 12 | 5 |  | 2-1-2-1 2-1-3-1 | 60s |
| 2 | BARBELL BENCH PRESS BARBELL RDL | 9 9 | 5 |  | 3-1-2-1 3-1-2-1 | 60s |

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| **4.** | | | | | | |
| **FITGAME 8 T/M 15 MINUTEN** | | | | | | |
| 1 | **FITGAME 4** |  |  |  |  |  |