**PROGRAMMA 1.1  
SINGLE SET**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**STRENGHT EXERCISE**  
**1. BODY WHEIGHT LUNGES BACKWARDS**   
3 SETS / 2x7 REPS / 50 SECONDS REST  
  
**2. HIP BRIDGE**   
3 SETS / 12 REPS / 50 SECONDS REST  
  
**3. PUSH-UPS**  
3 SETS / MAXIMAAL / 50 SECONDS REST  
  
**4. BEND OVER REVERSE FLY**  
3 SETS / 12 REPS / 50 SECONDS REST  
  
**5. DIPPING**  
3 SETS / 12 REPS / 50 SECONDS REST  
  
**6. SUPERMAN PRESS (WATER FLES)**  
3 SETS / 10 REPS / 50 SECONDS REST  
  
**7. HBH BIKE**

3 SETS / 2x7 REPS / 50 SECONDS REST

**PROGRAMMA 1.2  
SINGLE SET**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**STRENGHT EXERCISE**  
**1. BODY WHEIGHT LUNGES BACKWARDS**   
3 SETS / 2x8 REPS / 50 SECONDS REST  
  
**2. HIP BRIDGE**   
3 SETS / 14 REPS / 50 SECONDS REST  
  
**3. PUSH-UPS**  
3 SETS / MAXIMAAL / 50 SECONDS REST  
  
**4. BEND OVER REVERSE FLY**  
3 SETS / 14 REPS / 50 SECONDS REST  
  
**5. DIPPING**  
3 SETS / 14 REPS / 50 SECONDS REST  
  
**6. SUPERMAN PRESS (WATER FLES)**  
3 SETS / 11 REPS / 50 SECONDS REST  
  
**7. HBH BIKE**

3 SETS / 2x8 REPS / 50 SECONDS REST

**PROGRAMMA 1.3  
SINGLE SET**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**STRENGHT EXERCISE**  
**1. BODY WHEIGHT LUNGES BACKWARDS**   
3 SETS / 2x9 REPS / 50 SECONDS REST  
  
**2. HIP BRIDGE**   
3 SETS / 16 REPS / 50 SECONDS REST  
  
**3. PUSH-UPS**  
3 SETS / MAXIMAAL / 50 SECONDS REST  
  
**4. BEND OVER REVERSE FLY**  
3 SETS / 16 REPS / 50 SECONDS REST  
  
**5. DIPPING**  
3 SETS / 16 REPS / 50 SECONDS REST  
  
**6. SUPERMAN PRESS (WATER FLES)**  
3 SETS / 16 REPS / 50 SECONDS REST  
  
**7. HBH BIKE**

3 SETS / 2x9 REPS / 50 SECONDS REST

**PROGRAMMA 1.4  
SINGLE SET**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**STRENGHT EXERCISE**  
**1. BODY WHEIGHT LUNGES BACKWARDS**   
4 SETS / 2x7 REPS / 50 SECONDS REST  
  
**2. HIP BRIDGE**   
4 SETS / 12 REPS / 50 SECONDS REST  
  
**3. PUSH-UPS**  
4 SETS / MAXIMAAL / 50 SECONDS REST  
  
**4. BEND OVER REVERSE FLY**  
4 SETS / 12 REPS / 50 SECONDS REST  
  
**5. DIPPING**  
4 SETS / 12 REPS / 50 SECONDS REST  
  
**6. SUPERMAN PRESS (WATER FLES)**  
4 SETS / 10 REPS / 50 SECONDS REST  
  
**7. HBH BIKE**

4 SETS / 2x7 REPS / 50 SECONDS REST

**PROGRAMMA 1.5  
SINGLE SET**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**STRENGHT EXERCISE**  
**1. BODY WHEIGHT LUNGES BACKWARDS**   
4 SETS / 2x8 REPS / 50 SECONDS REST  
  
**2. HIP BRIDGE**   
4 SETS / 14 REPS / 50 SECONDS REST  
  
**3. PUSH-UPS**  
4 SETS / MAXIMAAL / 50 SECONDS REST  
  
**4. BEND OVER REVERSE FLY**  
4 SETS / 14 REPS / 50 SECONDS REST  
  
**5. DIPPING**  
4 SETS / 14 REPS / 50 SECONDS REST  
  
**6. SUPERMAN PRESS (WATER FLES)**  
4 SETS / 11 REPS / 50 SECONDS REST  
  
**7. HBH BIKE**

4 SETS / 2x8 REPS / 50 SECONDS REST

**PROGRAMMA 1.6  
SINGLE SET**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**STRENGHT EXERCISE**  
**1. BODY WHEIGHT LUNGES BACKWARDS**   
4 SETS / 2x9 REPS / 50 SECONDS REST  
  
**2. HIP BRIDGE**   
4 SETS / 16 REPS / 50 SECONDS REST  
  
**3. PUSH-UPS**  
4 SETS / MAXIMAAL / 50 SECONDS REST  
  
**4. BEND OVER REVERSE FLY**  
4 SETS / 16 REPS / 50 SECONDS REST  
  
**5. DIPPING**  
4 SETS / 16 REPS / 50 SECONDS REST  
  
**6. SUPERMAN PRESS (WATER FLES)**  
4 SETS / 12 REPS / 50 SECONDS REST  
  
**7. HBH BIKE**

4 SETS / 2x8 REPS / 50 SECONDS REST