**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