**PROGRAMMA 2.1  
SUPERSET PHA**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**1 BODY WHEIGHT LUNGES BACKWARDS / 2x7 REPS  
2 PUSH-UPS / MAXIMAAL**   
3 SETS / 40 SECONDEN RUST   
  
**1 BODY WHEIGHT HIP BRIDGE / 14 REPS  
2 SUPERMAN PRESS / 10 PRES**  
3 SETS / 40 SECONDEN RUST  
  
**1 BODY WHEIGHT SQUATS / 12 REPS  
2 DIP BEHIND THE BACK / 12 REPS**   
3 SETS / 40 SECONDEN RUST  
  
**1 CRUNCHES / 12 REPS   
2 COMPLEX BEND OVER REVERSE FLY AND ROW / 6 REPS**3 SETS / 40 SECONDEN RUST  
  
**1 CALF RAISES 14 REPS  
2 V-UPS 6 REPS**  
3 SETS / 40 SECONDEN RUST

**PROGRAMMA 2.2  
SUPERSET PHA**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**1 BODY WHEIGHT LUNGES BACKWARDS / 2x8 REPS  
2 PUSH-UPS / MAXIMAAL**   
3 SETS / 40 SECONDEN RUST   
  
**1 BODY WHEIGHT HIP BRIDGE / 15 REPS  
2 SUPERMAN PRESS / 11 PRES**  
3 SETS / 40 SECONDEN RUST  
  
**1 BODY WHEIGHT SQUATS / 14 REPS  
2 DIP BEHIND THE BACK / 14 REPS**   
3 SETS / 40 SECONDEN RUST  
  
**1 CRUNCHES / 14 REPS   
2 COMPLEX BEND OVER REVERSE FLY AND ROW / 8 REPS**3 SETS / 40 SECONDEN RUST  
  
**1 CALF RAISES 15 REPS  
2 V-UPS 7 REPS**  
3 SETS / 40 SECONDEN RUST

**PROGRAMMA 2.3  
SUPERSET PHA**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**1 BODY WHEIGHT LUNGES BACKWARDS / 2x10 REPS  
2 PUSH-UPS / MAXIMAAL**   
3 SETS / 40 SECONDEN RUST   
  
**1 BODY WHEIGHT HIP BRIDGE / 16 REPS  
2 SUPERMAN PRESS / 12 PRES**  
3 SETS / 40 SECONDEN RUST  
  
**1 BODY WHEIGHT SQUATS / 16 REPS  
2 DIP BEHIND THE BACK / 15 REPS**   
3 SETS / 40 SECONDEN RUST  
  
**1 CRUNCHES / 16 REPS   
2 COMPLEX BEND OVER REVERSE FLY AND ROW / 9 REPS**3 SETS / 40 SECONDEN RUST  
  
**1 CALF RAISES 16 REPS  
2 V-UPS 8 REPS**  
3 SETS / 40 SECONDEN RUST

**PROGRAMMA 2.4  
SUPERSET PHA**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**1 BODY WHEIGHT LUNGES BACKWARDS / 2x7 REPS  
2 PUSH-UPS / MAXIMAAL**   
4 SETS / 40 SECONDEN RUST   
  
**1 BODY WHEIGHT HIP BRIDGE / 14 REPS  
2 SUPERMAN PRESS / 10 PRES**  
4 SETS / 40 SECONDEN RUST  
  
**1 BODY WHEIGHT SQUATS / 12 REPS  
2 DIP BEHIND THE BACK / 12 REPS**   
4 SETS / 40 SECONDEN RUST  
  
**1 CRUNCHES / 12 REPS   
2 COMPLEX BEND OVER REVERSE FLY AND ROW / 6 REPS**4 SETS / 40 SECONDEN RUST  
  
**1 CALF RAISES 14 REPS  
2 V-UPS 6 REPS**  
4 SETS / 40 SECONDEN RUST  
**PROGRAMMA 2.5  
SUPERSET PHA**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**1 BODY WHEIGHT LUNGES BACKWARDS / 2x8 REPS  
2 PUSH-UPS / MAXIMAAL**   
4 SETS / 40 SECONDEN RUST   
  
**1 BODY WHEIGHT HIP BRIDGE / 15 REPS  
2 SUPERMAN PRESS / 11 PRES**  
4 SETS / 40 SECONDEN RUST  
  
**1 BODY WHEIGHT SQUATS / 14 REPS  
2 DIP BEHIND THE BACK / 14 REPS**   
4 SETS / 40 SECONDEN RUST  
  
**1 CRUNCHES / 14 REPS   
2 COMPLEX BEND OVER REVERSE FLY AND ROW / 8 REPS**4 SETS / 40 SECONDEN RUST  
  
**1 CALF RAISES 15 REPS  
2 V-UPS 7 REPS**  
4 SETS / 40 SECONDEN RUST

**PROGRAMMA 2.6  
SUPERSET PHA**   
  
 **WARMING-UP DYNAMISCH   
WORLDS GREATEST STRETCH**  
  
**1 BODY WHEIGHT LUNGES BACKWARDS / 2x10 REPS  
2 PUSH-UPS / MAXIMAAL**   
4 SETS / 40 SECONDEN RUST   
  
**1 BODY WHEIGHT HIP BRIDGE / 16 REPS  
2 SUPERMAN PRESS / 12 PRES**  
4 SETS / 40 SECONDEN RUST  
  
**1 BODY WHEIGHT SQUATS / 16 REPS  
2 DIP BEHIND THE BACK / 15 REPS**   
4 SETS / 40 SECONDEN RUST  
  
**1 CRUNCHES / 16 REPS   
2 COMPLEX BEND OVER REVERSE FLY AND ROW / 9 REPS**4 SETS / 40 SECONDEN RUST  
  
**1 CALF RAISES 16 REPS  
2 V-UPS 8 REPS**  
4 SETS / 40 SECONDEN RUST