**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