**WORKOUT 1**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 4X4 | 4 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS | 4X4 | 4 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 4X4 | 4 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING** 1 |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BOX SQUAT JUMPS  | 7 | 3 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 8 | 3 |  | 60S | 2-2-2-1 |  |

**WORKOUT 2**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 4X5 | 4 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 4X5 | 4 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 4X5 | 4 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING** 1 |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BOX SQUAT JUMPS  | 8 | 3 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 9 | 3 |  | 60S | 2-2-2-1 |  |

**WORKOUT 3**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 4X6 | 4 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 4X6 | 4 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 4X6 | 4 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 1** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | PAUZE  |  |
| 1. BOX SQUAT JUMPS  | 9 | 3 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 10 | 3 |  | 60S | 2-2-2-1 |  |

**WORKOUT 4**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 4X7 | 4 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 4X7 | 4 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 4X7 | 4 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 1** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BOX SQUAT JUMPS  | 9 | 3 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 11 | 3 |  | 60S | 2-2-2-1 |  |

**WORKOUT 5**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 4 | 5 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 4 | 5 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION | 4 | 5 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 2**  |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BOX SQUAT JUMPS  | 7 | 4 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 8 | 4 |  | 60S | 2-2-2-1 |  |

**WORKOUT 6**

|  |
| --- |
| **WEIGHTLIFING – STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 5 | 5 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 5 | 5 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 5 | 5 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 2**  |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO  |  |
| 1. BOX SQUAT JUMPS  | 8 | 4 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 9 | 4 |  | 60S | 2-2-2-1 |  |

**WORKOUT 7**

|  |
| --- |
| **WEIGHTLIFING – STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 4 | 6 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 4 | 6 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 4 | 6 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 2**  |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BOX SQUAT JUMPS  | 9 | 4 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 10 | 4 |  | 60S | 2-2-2-1 |  |

**WORKOUT 8**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. DEADLIFT | 1 | 7 |  | 60S | 2-1-2-1 |  |
| 2. FRONT SQUATS  | 1 | 7 |  | 60S | 3-1-2-1 |  |
| 3. OVERHEAD PRESS (RACK POSTION) | 1 | 7 |  | 60S | 2-1-2-1 |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 2** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BOX SQUAT JUMPS  | 10 | 4 |  | 50S | N.V.T. |  |
| 3. AUSTRAILIAN PULL UPS | 11 | 4 |  | 60S | 2-2-2-1 |  |