**WORKOUT 1**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 8 | 4 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 8 | 4 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 8 | 4 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 8 | 4 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE / WARM-UP WORK** |
| 1 LOW SQUAT SIT ROUTINE2 BAND SHOULDER ROUTINE 3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT) 4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 3** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BARBELL RDL  | 7 | 3 |  | 50S |  |  |
| 2. BACK EXTENSION | 8 | 3 |  | 50S |  |  |
| 3. PUSH-UPS  | 8 | 3 |  | 60S |  |  |

**WORKOUT 2**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 4 | 5 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 4 | 5 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 4 | 5 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 4 | 5 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 3** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X6 | 3 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 10 | 3 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 10 | 3 |  | 60S | 2-2-2-1 |  |

 **WORKOUT 3**

|  |
| --- |
| WEIGHTLIFING - STRENGHT |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 9 | 4 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 9 | 4 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 9 | 4 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 9 | 4 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 3** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X7 | 3 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 11 | 3 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 11 | 3 |  | 60S | 2-2-2-1 |  |

**WORKOUT 4**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 3 | 5 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 3 | 5 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 3 | 5 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 3 | 5 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 3** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X8 | 3 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 12 | 3 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 12 | 3 |  | 60S | 2-2-2-1 |  |

 **WORKOUT 5**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 10 | 4 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 10 | 4 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 10 | 4 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 10- | 4 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 4**  |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X9 | 3 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 14 | 3 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 14 | 3 |  | 60S | 2-2-2-1 |  |

**WORKOUT 6**

|  |
| --- |
| **WEIGHTLIFING – STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 2 | 5 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 2 | 5 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 2 | 5 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 2 | 5 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 4**  |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X6 | 4 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 10 | 4 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 10 | 4 |  | 60S | 2-2-2-1 |  |

 **WORKOUT 7**

|  |
| --- |
| **WEIGHTLIFING – STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 7 | 5 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 7 | 5 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 7 | 5 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 7 | 5 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 4** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X7 | 4 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 11 | 4 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 11 | 4 |  | 60S | 2-2-2-1 |  |

**WORKOUT 8**

|  |
| --- |
| **WEIGHTLIFING - STRENGHT** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. CLEAN PULL | 1 | 5 |  | 60S |  |  |
| 2. ZOMBY FRONT SQUATS | 1 | 5 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 1 | 5 |  | 60S |  |  |
| 4. OVERHEAD PRESS | 1 | 5 |  | 60S |  |  |

|  |
| --- |
| **MOBILITIE WORK** |
| 1 WORLDS GREATEST STRETCH2 OH SQUATS AGAINST THE WALL 2X 20 SECONDEN 3 OEFENING NAAR KEUZE4 OEFENING NAAR KEUZE |

|  |
| --- |
| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 4** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

|  |
| --- |
| **ACCESSORY EXECSICE** |
|  | REPS | SETS | WEIGHT | REST  | TEMPO |  |
| 1. BULGARIAN SPLIT SQUATS DUMBELL | 2X8 | 4 |  | 50S | 3-1-2-1 |  |
| 2. PLATE SIDE RAISES  | 12 | 4 |  | 50S | 3-1-2-1 |  |
| 3. CABLE ROW  | 12 | 4 |  | 60S | 2-2-2-1 |  |