**WORKOUT 1**

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| **WEIGHTLIFING - STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 4 | 4 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 4 | 4 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 4 | 4 |  | 60S |  |  |
| 4. PUSH PRESS | 4 | 4 |  | 60S |  |  |

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| **MOBILITIE / WARM-UP WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 5** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- | --- | --- | --- | --- | --- | --- |
| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 7 | 3 |  | 60S |  |  |
| 2. LATPULL DOWN BAND | 12 | 3 |  | 60S |  |  |

**WORKOUT 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING - STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 5 | 4 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 5 | 4 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 5 | 4 |  | 60S |  |  |
| 4. PUSH PRESS | 5 | 4 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 5** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- | --- | --- | --- | --- | --- | --- |
| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 8 | 3 |  | 60S |  |  |
| 2. LATPULL DOWN BAND | 14 | 3 |  | 60S |  |  |

**WORKOUT 3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING - STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 6 | 4 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 6 | 4 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 6 | 4 |  | 60S |  |  |
| 4. PUSH PRESS | 6 | 4 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 5** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- | --- | --- | --- | --- | --- | --- |
| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 9 | 3 |  | 60S |  |  |
| 3. LATPULL DOWN BAND | 15 | 3 |  | 60S |  |  |

**WORKOUT 4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING - STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 4 | 5 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 4 | 5 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 4 | 5 |  | 60S |  |  |
| 4. PUSH PRESS | 4 | 5 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 5** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 10 | 3 |  | 60S |  |  |
| 3. LATPULL DOWN BAND | 16 | 3 |  | 60S |  |  |

**WORKOUT 5**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING - STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 3 | 6 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 3 | 6 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 3 | 6 |  | 60S |  |  |
| 4. PUSH PRESS | 3 | 6 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 6** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 7 | 4 |  | 60S |  |  |
| 3. LATPULL DOWN BAND | 12 | 4 |  | 60S |  |  |

**WORKOUT 6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING – STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 2 | 6 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 2 | 6 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 2 | 6 |  | 60S |  |  |
| 4. PUSH PRESS | 2 | 6 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 6** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- | --- | --- | --- | --- | --- | --- |
| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 8 | 4 |  | 60S |  |  |
| 3. LATPULL DOWN BAND | 14 | 4 |  | 60S |  |  |

**WORKOUT 7**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING – STRENGHT** | | | | | | |
| LIGHT WEIGHT!! | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 4 | 6 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 4 | 6 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 4 | 6 |  | 60S |  |  |
| 4. PUSH PRESS | 4 | 6 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 6** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- | --- | --- | --- | --- | --- | --- |
| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 9 | 4 |  | 60S |  |  |
| 3. LATPULL DOWN BAND | 15 | 4 |  | 60S |  |  |

**WORKOUT 8**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **WEIGHTLIFING - STRENGHT** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. FRONT SQUATS RACK/PIN | 1 | 6 |  | 60S |  |  |
| 2. SNATCH GRIP PULL | 1 | 6 |  | 60S |  |  |
| 3. OVERHEAD SQUATS | 1 | 6 |  | 60S |  |  |
| 4. PUSH PRESS | 1 | 6 |  | 60S |  |  |

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| **MOBILITIE WORK** |
| 1 DYNAMISCH WARMING-UP 2 WORLDS GREATEST STRETCH  3 OEFENING NAAR KEUZE (LAAT DE COACH BEPALEN – BODY ASSEMSENT)  4 OEFENING NAAR KEUZE |

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| **TECHNIEK BAR / PVC PROGRAMMA WHEIGHTLIFTING 6** |
| (ZIE TECHNIEK / PVC PROGRAMMA OP PT-HAARLEM.NL) |

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| --- | --- | --- | --- | --- | --- | --- |
| **ACCESSORY EXECSICE** | | | | | | |
|  | REPS | SETS | WEIGHT | REST | TEMPO |  |
| 1. BARBELL GOODMORNING | 10 | 4 |  | 60S |  |  |
| 3. LATPULL DOWN BAND | 16 | 4 |  | 60S |  |  |