|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP & WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 5 DUMBELL**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPER SETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BULGARIAN SPLIT SQUATS  2 FLOOR CHEST PRESS 3 KNEELING OVERHEAD PRESS |  |  |  | 2-2-2-1 2-2-2-1 2-2-2-1 | 120s |
| 2 | 1 LUNGES FORWARDS  2 RENAGADE ROW  3 HANGING POWER SNATCH |  |  |  | 2-2-2-1 2-1-2-1 1-1-1-1 | 120s |
| 3 | 1 V-UPS |  |  |  | 2-2-3-1 |  |

CIRCUIT V-UPS  
TRAINING 1 10-8-6-4 TRAINING 1 3X 35S / 40S REST  
TRAINING 2 11-9-7-5 TRAINING 2 4X 40S / 40S REST  
TRAINING 3 12-10-8-6 TRAINING 3 4X 35S / 40S REST  
TRAINING 4 13-11-9-7 TRAINING 4 4X 40S / 40S REST  
TRAINING 5 14-12-10-8 TRAINING 5 5X 30S / 35S REST  
TRAINING 6 15-13-11-9 TRAINING 6 5X 35S / 35S RUST