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

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

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| **2.** |
| **SUPER SETS** |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BULGARIAN SPLIT SQUATS 2 FLOOR CHEST PRESS3 KNEELING OVERHEAD PRESS  |  |  |  | 2-2-2-12-2-2-12-2-2-1 | 120s |
| 2 | 1 LUNGES FORWARDS 2 RENAGADE ROW 3 HANGING POWER SNATCH |  |  |  | 2-2-2-12-1-2-11-1-1-1 | 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