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

**WWW.PT-HAARLEM.NL PROGRAM 1 DUMBELL**

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| **2.** | | | | | | |
| **SINGLE SETS KETTEBELL** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | GOBLET SQUATS | 12 | 3 |  | 3-1-2-1 | 45s |
| 2 | DEADLIFT RDL | 12 | 3 |  | 3-1-2-1 | 45s |
| 3 | FLOOR CHEST PRESS | 12 | 3 |  | 2-1-3-1 | 45s |
| 4 | BENT OVER ROW | 12 | 3 |  | 2-1-3-1 | 45s |
| 5 | OVERHEAD PRESS | 12 | 3 |  | 2-1-2-1 | 45s |
| 6 | BICEP CONCENTRATION CURL | 12 | 3 |  | 2-1-3-1 | 45s |
| 7 | PLANKING |  |  |  |  |  |

PLANKING  
TRAINING 1 +0 reps +0 sets TRAINING 1 3X 30S / 40S REST  
TRAINING 2 +2 reps +0 sets TRAINING 2 4X 30S / 40S REST  
TRAINING 3 +4 reps +0 sets TRAINING 3 4X 35S / 40S REST  
TRAINING 4 +0 reps +1 sets TRAINING 4 4X 40S / 40S REST  
TRAINING 5 +1 reps +1 sets TRAINING 5 5X 30S / 35S REST  
TRAINING 6 +2 reps +1 sets TRAINING 6 5X 35S / 35S RUST