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

**WWW.PT-HAARLEM.NL PROGRAM 2 DUMBELL**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SINGLE SETS KETTEBELL** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | THRUSTER | 10 | 3 |  | 1-1-1-1 | 45s |
| 2 | RDL DEADLIFT | 12 | 3 |  | 3-1-2-1 | 45s |
| 3 | SINGLE ARM OH LUNGES BACKWARDS | 2x5 | 3 |  | 2-1-3-1 | 45s |
| 4 | PUSH PRESS | 10 | 3 |  | 2-1-3-1 | 45s |
| 5 | RENAGADE ROW | 12 | 3 |  | 2-1-2-1 | 45s |
| 6 | V-UPS / LEG RAISES | 8/12 | 3 |  | 2-1-3-1 | 45s |

TRAINING 1 +0 reps +0 sets  
TRAINING 2 +2 reps +0 sets  
TRAINING 3 +4 reps +0 sets   
TRAINING 4 +0 reps +1 sets  
TRAINING 5 +1 reps +1 sets   
TRAINING 6 +2 reps +1 sets