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

**WWW.PT-HAARLEM.NL PROGRAM 3 DUMBELL**

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| **2.** | | | | | | |
| **SUPER SETS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 GOBLET SQUATS  2 FLOOR CHEST PRESS | 10  10 | 3 |  | 3-1-2-1 2-1-3-1 | 50s |
| 2 | 1 DEADLIFT 2 KNEELING OVERHEAD PRESS | 10  10 | 3 |  | 3-1-2-1 2-2-2-1 | 50s |
| 3 | 1 BENT OVER ROW 2 LUNGES BACKWARDS | 10  2x6 | 3 |  | 2-2-2-1 2-1-2-1 | 50s |
| 4 | 1 PLANK (1 rep staat voor 5 seconden). 2 LEG KICKS | 8 12 | 3 |  | n.v.t. 2-2-2-1 | 50s |

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