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

**WWW.PT-HAARLEM.NL PROGRAM 4 DUMBELL**

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| **2.** |
| **SUPER SETS** |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 OH LUNGES BACKWARDS L2 OH LUNGES BACKWARDS R | 77 | 3 |  | 3-1-2-12-1-3-1 | 50s |
| 2 | 1 RDL2 FLOOR CHEST PRESS  | 1010 | 3 |  | 3-1-2-12-2-2-1 | 50s |
| 3 | 1 GOBLET SQUATS2 PUSH PRESS  | 1210 | 3 |  | 2-2-2-12-1-2-1 | 50s |
| 4 | 1 FLOOR ROW2 V-UPS | 2x68 | 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