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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP |

**WWW.PT-HAARLEM.NL H.I.T. PROGRAM 1**

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| **2.** | | | | | | |
| **TABATA SUPERSETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. JUMP SQUATS   2. PUSH-UPS SHOULDER TAP |  |  |  |  |  |
| 2 | 1. PLANK 2. FLOOR TOUCH AND JUMP |  |  |  |  |  |
| 3 | 1. LUNGES BACKWARDS  2. JUMPING JACKS |  |  |  |  |  |
| 4 | 1. SUPERMAN  2. BURPYS |  |  |  |  |  |

TRAINING 1 8X18/10  
TRAINING 2 8X20/10  
TRAINING 3 8×24/10  
TRAINING 4 10×18/10  
TRAINING 5 10×22/10