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| **1.** |
| **WARMING-UP** |
| WARMING-UP RECISTENS BAND |

**WWW.PT-HAARLEM.NL H.I.T. PROGRAM 3**

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| **2.** | | | | | | |
| **TABATA SUPERSETS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. JUMP SQUATS  2. PUSH-UPS SHOULDER TAPS |  |  |  |  |  |
| 2 | 1.SUPERMAN  2.LUNGES BACKWARDS ALTERNATING L+R:2 |  |  |  |  |  |
| 3 | 1.PUSH-UP WALKOUT  2.JUMPING JACKS |  |  |  |  |  |
| 4 | 1.ICE SKATE JUMPS 2.LEG RAISES |  |  |  |  |  |

TRAINING 1 12-10-8-6  
TRAINING 2 12-10-8-6-4  
TRAINING 3 12-10-8-6-4-2  
TRAINING 4 14-12-10-8-6   
TRAINING 5 14-12-10-8-6-4