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

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

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| **2.** | | | | | | |
| **SINGLE SETS ON TIME RESISTENCE BAND** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DEADLIFT |  |  | 1 BAND | 2-1-3-1 |  |
| 2 | OVERHEAD PRESS |  |  | 1 BAND | 2-2-2-1 |  |
| 3 | SUPERMAN PRESS |  |  | 1 BAND | 2-2-3-1 |  |
| 4 | REVERSE FLY |  |  | 1 BAND | 2-2-3-1 |  |
| 5 | TRICEP EXTENSION |  |  | 1 BAND | 2-2-2-1 |  |

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| **2.** | | | | | | |
| **TABATA 2 EXERCISE** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BAND STEP OVER  2 PUSH-UP WALK OUTS |  |  |  |  |  |
| 2 | 1 JUMPING JACKS 2 BODYWEIGHT SQUATS |  |  |  |  |  |
| 3 | 1 BACKWARD BODYWEIGHT LUNGES  2 PUSH-UP SHOULDER TAP |  |  |  |  |  |

RESISTEND BAND  
TRAINING 1 4X35SEC WORK 45SEC REST   
TRAINING 2 4X35SEC WORK 40SEC REST   
TRAINING 3 4X40SEC WORK 45SEC REST   
TRAINING 4 4X40SEC WORK 40SEC REST   
TRAINING 5 5X40SEC WORK 40SEC REST   
TRAINING 6 5X40SEC WORK 35SEC REST

H.I.T. TABATA 2 EXERCISE  
TRAINING 1 4X 20SEC WORK 12SEC REST   
TRAINING 2 4X 22SEC WORK 12SEC REST   
TRAINING 3 4X 24SEC WORK 12SEC REST   
TRAINING 4 5X 20SEC WORK 10SEC REST   
TRAINING 5 5X 22SEC WORK 10SEC REST   
TRAINING 6 5X 24SEC WORK 10SEC REST