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

**WWW.PT-HAARLEM.NL PROGRAM 2 BAND & H.I.T**

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| **2.** | | | | | | |
| **H.I.T. EMOM** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BODYWEIGHT JUMP SQUATS |  |  |  |  |  |
| 2 | PUSH-UP SHOULDER TAPS |  |  |  |  |  |
| 3 | BURPEES |  |  |  |  |  |
| 4 | JUMPING JACKS |  |  |  |  |  |

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| **2.** | | | | | | |
| **RESISTENDS BAND STERNGHT** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 GOOD MORNING 2 DEADLIFT |  |  |  |  |  |
| 2 | 1 REVERSE FLY  2 BENT OVER ROW |  |  |  |  |  |
| 3 | 1 OVERHEAD PRESS  2 Y SHOULDER FRONT RAISES |  |  |  |  |  |

H.I.T. EMEM

**BODY WEIGHT JUMPSQUATS**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 9 9 8 8   
TRAINING 2 8 8 8 8 7   
TRAINING 3 9 9 9 8 8   
TRAINING 4 10 9 8 7 6   
TRAINING 5 10 9 8 7 6   
TRAINING 6 10 10 8 8 7 7   
TRAINING 7 11 10 9 8 7 6   
TRAINING 8 12 11 10 9 8 7

**PUSH-UP SHOULDER TAP**

**MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 20 20 16 16   
TRAINING 2 22 20 18 16   
TRAINING 3 22 20 18 16   
TRAINING 4 22 20 18 16 14   
TRAINING 5 20 20 16 14 12 10   
TRAINING 6 20 20 16 16 14 12  
TRAINING 7 22 20 20 20 20 20  
TRAINING 8 22 22 22 22 22 22**

**BURPEES**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 5 5 5 5   
TRAINING 2 6 6 5 5   
TRAINING 3 6 6 6 5   
TRAINING 4 6 6 5 5 5   
TRAINING 5 6 6 6 6 5   
TRAINING 6 7 6 5 4 3 2   
TRAINING 7 6 6 6 6 4 3   
TRAINING 8 7 7 7 7 7 7   
 **JUMPING JACKS**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
**TRAINING 1 20 20 16 16   
TRAINING 2 22 20 18 16   
TRAINING 3 22 20 18 16   
TRAINING 4 22 20 18 16 14   
TRAINING 5 20 20 16 14 12 10   
TRAINING 6 20 20 16 16 14 12  
TRAINING 7 22 20 20 20 20 20  
TRAINING 8 22 22 22 22 22 22**

BAND SUPERSETS   
TRAINING 1 4X 20SEC WORK 50SEC REST   
TRAINING 2 4X 25SEC WORK 50SEC REST   
TRAINING 3 4X 30SEC WORK 50SEC REST   
TRAINING 4 5X 25SEC WORK 50SEC REST   
TRAINING 5 5X 30SEC WORK 50SEC REST   
TRAINING 6 5X 35SEC WORK 50SEC REST