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

**WWW.PT-HAARLEM.NL PROGRAM 1 RESISTENCE BAND**

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| **2.** |
| **SINGLE SETS ON TIME RESISTENCE BAND** |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DEADLIFT |  |  |  | 2-1-3-1 |  |
| 2 | GOODMORMING |  |  |  | 3-1-2-1 |  |
| 3 | OVERHEAD PRESS |  |  |  | 2-2-2-1 |  |
| 4 | ROW |  |  |  | 2-2-3-1 |  |
| 5 | REVERSE FLY |  |  |  | 2-2-3-1 |  |
| 6 | TRICEP EXTENSION |  |  |  | 2-2-2-1 |  |
| 7 | BICEP CURL |  |  |  | 2-1-3-1 |  |
| 8 | HBH BIKE |  |  |  | 2-2-2-1 |  |

TRAINING 1 3x sets 40sec / 40sec
TRAINING 2 4x sets 30sec / 40sec
TRAINING 3 4x sets 35sec / 40sec
TRAINING 4 4x sets 40sec / 40sec
TRAINING 5 5x sets 30sec / 40sec
TRAINING 6 5x sets 35sec / 40sec