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

**WWW.PT-HAARLEM.NL PROGRAM 2 RESISTENCE BAND**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SINGLE SETS ON TIME RESISTENCE BAND** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BAND HINDGE |  |  |  | 2-2-3-1 |  |
| 2 | BAND LUNGES FORWARD RESISTENTS |  |  |  | 2-1-2-1 |  |
| 3 | BAND KNEELING ROW |  |  |  | 2-2-2-1 |  |
| 4 | BAND OVERHEAD PRESS |  |  |  | 2-2-2-1 |  |
| 5 | SUPERMAN LATPULL |  |  |  | 2-1-2-1 |  |
| 6 | TRICEP EXTENSION OH |  |  |  | 2-2-2-1 |  |
| 7 | HBH BIKE (NO BAND) |  |  |  | 2-2-2-1 |  |

TRAINING 1 3x sets 40sec / 40sec   
TRAINING 2 4x sets 32sec / 40sec   
TRAINING 3 4x sets 36sec / 40sec   
TRAINING 4 4x sets 38sec / 40sec   
TRAINING 5 5x sets 35sec / 40sec   
TRAINING 6 5x sets 38sec / 40sec