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

**WWW.PT-HAARLEM.NL PROGRAM 3 RESISTENCE BAND**

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| **2.** |
| **SINGLE SETS ON TIME RESISTENCE BAND** |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 THRUSTER  | 10 | 4 |  | n.v.t. | 45s |
|  | 2 BICEPS | 10 |  |  | 2-2-2-1 |  |
| 2 | 1 SUPERMAN LATPULL L | 7 | 4 |  | 2-2-2-1 | 45s |
|  | 2 SUPERMAN LATPULL R | 7 |  |  | 2-2-2-1 |  |
| 3 | 1 2X JUMP SQUATS FORWARDS | 5 | 4 |  | n.v.t. | 45s |
|  | 2 TRICEP EXTENSION | 10 |  |  | 2-2-2-1 |  |
| 4 | 1 TWIST AND PUNSH L | 14 | 4 |  | n.v.t. | 45s |
|  | 2 TWIST AND PUNSH R | 14 |  |  | n.v.t. |  |
| 5 | 1 V-UPS (NO BAND) | 6 | 4 |  | 2-2-3-1 | 45s |

TRAINING 1 +0 reps +0 sets
TRAINING 2 +2 reps +0 sets
TRAINING 3 +4 reps +0 sets
TRAINING 4 +0 reps +1 sets
TRAINING 5 +1 reps +1 sets
TRAINING 6 +2 reps +1 sets