**WWW.PT-HAARLEM.NL - PROGRAM 1 - STATIC STRETCHING**

|  |
| --- |
| **2.** |
| **STATIC STRETCHING** |
|  |  | **REPS/TIME** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BORSTSPIER (PECS) | 20 TOT 30S | 1 |  |  |  |
| 2 | BOVEN ARM SPIER (TRICEP) | 20 TOT 30S | 2 |  |  |  |
| 3 | RUG SPIER (LATS) | 20 TOT 30S | 2 |  |  |  |
| 4 | BOVENBENEN (QUADS)  | 20 TOT 30S | **2** |  |  |  |
| 5 | KUITPSPIER (CALFS) | 20 TOT 30S | 2 |  |  |  |
| 6 | LIEZEN (GROIN) | 20 TOT 30S | 1 |  |  |  |
| 7 | BILSPIER (GLUTE) | 20 TOT 30S | 2 |  |  |  |
| 8 | HAMSTRING  | 20 TOT 30S | 2 |  |  |  |

 **TIMER ON:
14 TIMES
20 SECONDS
10 SECONDS TO SWITCH**