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

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| **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**