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| **1.** |
| **WARMING-UP** |
| PVC WEIGHTLIFTING WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 5 S&C**

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| **2.** |
| **MAX OUT** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL FRONT SQUATS | 1 | 5 |  |  | 90S |
| 2 | BARBELL DEADLIFT | 1 | 5 |  |  | 90S |
| 3 | BARBELL OVERHEAD PRESS | 1 | 5 |  |  | 90S |
| 4 | BARBELL BENCH PERSS | 1 | 5 |  |  | 90S |
| 5 | PULL-UPS |  | 2 |  |  | 90S |