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

**WWW.PT-HAARLEM.NL PROGRAM 2 POWER**

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| **2.** | | | | | | |
| **POWER** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SPRINT (1 rep staat voor 5 meter) | 1x 30M | 4 |  |  | 60s |
| 2 | JUMP SQUATS (TRX)  KETTEBELL SWINGS | 8 12 | 3 |  |  | 60s |
| 3 | BAND SIDE SHUFFLE  BAND TWIST AND PUNSH | 2x 3x 2x 12 | 3 |  |  | 60s |
| 4 | JUMP LUNGES  BAND BENT OVER ROW | 2x5 total 10 14 | 3 |  |  | 60s |

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