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

**WWW.PT-HAARLEM.NL FULLBODY 21e**

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| --- |
| **2.** |
| **CONDITIONING** |
| RUNNING AND SQUATS |

|  |  |  |  |  |  |  |
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| **4.** | | | | | | |
| **21e** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS |  |  |  |  | 60s |
| 3 | BARBELL BENCHPRESS |  |  |  |  | 60s |
| 4 | CABLE ROW |  |  |  |  | 60s |
| 5 | DUMBELL OVERHEAD PRESS |  |  |  |  | 60s |
| 6 | PLATE SIDE RAISES |  |  |  |  |  |
| 7 | CABLE BICEPS |  |  |  |  | 60s |

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| **4.** | | | | | | |
| **ABS** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | **CRUNCHES** |  |  |  |  |  |
| 2 | **LEG RAISES** |  |  |  |  | **60s** |

RUNNING AND SQUATS  
TRAINING 1 CALORIEEN+REPS 11-9-7-5  
TRAINING 2 CALORIEEN+REPS 12-10-8-6  
TRAINING 3 CALORIEEN+REPS 13-11-9-7  
TRAINING 4 CALORIEEN+REPS 14-12-10-8  
TRAINING 5 CALORIEEN+REPS 15-13-11-9  
TRAINING 6 CALORIEEN+REPS 16-14-12-10  
TRAINING 7 CALORIEEN+REPS 14-12-10-8-6  
TRAINING 8 CALORIEEN+REPS 16-14-12-10-8  
  
21E  
TRAINING 1 3 SETS 6/6/6  
TRAINING 2 3 SETS 6/6/7   
TRAINING 3 3 SETS 7/7/6  
TRAINING 4 3 SETS 7/7/7   
TRAINING 5 4 SETS 6/6/6  
TRAINING 6 4 SETS 6/6/7  
TRAINING 7 4 SETS 7/7/6  
TRAINING 8 4 SETS 7/7/7

CRUNCHES AND LEGRAISES SUPERSETS  
TRAINING 1 3X10 50 SEC RUST  
TRAINING 2 3X12 50 SEC RUST  
TRAINING 3 3X14 50 SEC RUST  
TRAINING 4 3X16 50 SEC RUST  
TRAINING 5 4X10 50 SEC RUST  
TRAINING 6 4X12 50 SEC RUST  
TRAINING 7 4X14 50 SEC RUST  
TRAINING 8 4X16 50 SEC RUST