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| **1.** |
| **WARMING-UP** |
|  RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH  |

**WWW.PT-HAARLEM.NL PROGRAM 2.1 UPPERBODY**

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| **2.**  |
| **EMOM 2 EXERCISE**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL FLOOR CHEST PRESSFLOOR TOUCH AND REACH | 88 |  |  |  |  |
| 2 | DUMBELL KNEELING ARNOLD PRESSMOUNTAINCLIMBERS | 826 |  |  |  |  |
| 3 | BAND KNEELING REVESE FLYHIGH KNEES | 1026 |  |  |  |  |
| 4 | DUMBELL RENEGADE ROWJUMPING JACKS | 2x630 |  |  |  |  |

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| **3.** |
| **CORE TABATA**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK & CRUNCHES |  |  |  |  |  |
| 2 | SUPERMAN PRESS & SUPERMAN |  |  |  |  |  |

 EMOM 2 EXERCISE
2. STRENGHT EMOM 80 SECONDS
TRAINING 1 4 ROUNDS +0 reps
TRAINING 3 4 ROUNDS +1 rep
TRAINING 5 4 ROUNDS +2 reps
TRAINING 7 5 ROUNDS +0 reps
TRAINING 9 5 ROUNDS +2 reps
TRAINING 11 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME
TRAINING 1 3 ROUNDS 22 10
TRAINING 3 4 ROUNDS 20 10
TRAINING 5 4 ROUNDS 24 10
TRAINING 7 5 ROUNDS 20 10
TRAINING 9 5 ROUNDS 24 10
TRAINING 11 6 ROUNDS 20 10

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| **1.** |
| **WARMING-UP** |
|  RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH  |

**WWW.PT-HAARLEM.NL PROGRAM 2.2 LOWERBODY**

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| **3.** |
| **CORE TABATA**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SIDE PLANK R & CRUNCHES |  |  |  |  |  |
| 2 | SIDE PLANK L & LEG KICKS |  |  |  |  |  |

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| **2.**  |
| **EMOM 2 EXERCISE**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | JUMP SQUATSPUSH-UP WALK-OUT | 10X5 |  |  |  |  |
| 2 | HIP THRUSTERBAND SIDE JUMPS | 10X26X |  |  |  |  |
| 3 | BAND THRUSTERBURPEES | 10X5X |  |  |  |  |
| 4 | BAND STIFF DEADLIFTBAND STEP IN FORWARD | 10X2X 12X |  |  |  |  |

 EMOM 2 EXERCISE
2. STRENGHT EMOM 80 SECONDS
TRAINING 2 4 ROUNDS +0 reps
TRAINING 4 4 ROUNDS +1 rep
TRAINING 6 4 ROUNDS +2 reps
TRAINING 8 5 ROUNDS +0 reps
TRAINING 10 5 ROUNDS +2 reps
TRAINING 12 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME
TRAINING 2 3 ROUNDS 22 10
TRAINING 4 4 ROUNDS 20 10
TRAINING 6 4 ROUNDS 24 10
TRAINING 8 5 ROUNDS 20 10
TRAINING 10 5 ROUNDS 24 10
TRAINING 12 6 ROUNDS 20 10