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

**WWW.PT-HAARLEM.NL PROGRAM 4 AFVALLEN**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **EMOM PIRAMIDE 60 SECONDEN** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DUMBELL THRUSTER 2 PUSH-UPS 4 BURPEES  5 DUMBELL BENT OVER ROW  6 BODYWEIGTH JUMP SQUATS 7 DUMBELL CURL AND PRESS |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE TRI-SET ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK 2 PLATE SUPERMAN PRESS 3 HBH BIKE |  |  |  |  |  |

**DUMBELL THRUSTER 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 7 7 7 7 7   
TRAINING 2 8 8 8 8 8 8  
TRAINING 3 9 9 9 9 9   
TRAINING 4 9 9 9 9 9 9   
TRAINING 5 10 10 10 10 10   
TRAINING 6 10 10 10 10 10 10   
TRAINING 7 11 11 11 11 11   
TRAINING 8 11 11 11 11 11 11

**PUSH-UP 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 2 8 8 8 8 8 8  
TRAINING 3 9 9 9 9 9 9   
TRAINING 4 11 11 10 9 9 9   
TRAINING 5 11 11 11 10 10 8  
TRAINING 6 11 11 11 11 11 11   
TRAINING 7 12 12 8 8 8 8   
TRAINING 8 14 12 10 8 8 8

**BURPEES 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 6 6 6 5 5 5   
TRAINING 2 6 6 6 6 6 6   
TRAINING 3 7 7 7 6 6 6   
TRAINING 4 7 7 7 7 7 7  
TRAINING 5 8 8 8 7 7 7  
TRAINING 6 8 8 8 8 8 8  
TRAINING 7 9 9 8 8 8 8   
TRAINING 8 9 9 9 9 9 9  
  
**DUMBELL BENT OVER ROW 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 2 8 8 8 8 8 8  
TRAINING 3 9 9 9 9 9 9   
TRAINING 4 11 11 10 9 9 9   
TRAINING 5 11 11 11 10 10 8  
TRAINING 6 11 11 11 11 11 11   
TRAINING 7 12 12 8 8 8 8   
TRAINING 8 14 12 10 8 8 8

**BODY WEIGTH JUMP SQUATS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 10 10 10 10 10   
TRAINING 2 10 10 10 10 10 10  
TRAINING 3 11 11 11 11 11   
TRAINING 4 11 11 11 11 11 11   
TRAINING 5 12 12 12 12 12   
TRAINING 6 12 12 12 12 12 12   
TRAINING 7 14 14 14 14 11   
TRAINING 8 14 14 14 14 14 14

**DUMBELL CURL AND PRESS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 2 8 8 8 8 8 8  
TRAINING 3 9 9 9 9 9   
TRAINING 4 9 9 9 9 9 9   
TRAINING 5 10 10 10 10 10   
TRAINING 6 10 10 10 10 10 10   
TRAINING 7 11 11 11 11 11   
TRAINING 8 11 11 11 11 11 11

SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 3 35 10 60S  
TRAINING 2 3 40 10 50S  
TRAINING 3 4 35 10 60S   
TRAINING 4 4 40 10 50S  
TRAINING 5 5 40 10 50S  
TRAINING 6 5 45 10 45S