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

**WWW.PT-HAARLEM.NL PROGRAM 4.1 UPPERBODY**

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| **2.** | | | | | | |
| **EMOM PIRAMIDE 60 SECONDEN** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BENCHPRESS 2 PUSH-UP WALK-OUT 3 RING/TRX AUSTRAILIAN PULL-UP 4 SKIERG 5 DUMBELL CURL AND PRESS |  |  |  |  |  |

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

**BENCHPRESS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 9 8 7 6 5   
TRAINING 3 9 8 7 6 5 4   
TRAINING 5 10 9 8 7 6   
TRAINING 7 10 9 8 7 6 5  
TRAINING 9 11 10 9 8 7   
TRAINING 11 11 10 9 8 7 6   
   
**PUSH-UP WALK-OUT 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 5 5 5 5 5   
TRAINING 3 5 5 5 5 5 5  
TRAINING 5 6 6 5 5 5 5   
TRAINING 7 6 6 6 5 5 5   
TRAINING 9 6 6 6 6 6 6  
TRAINING 11 7 7 7 7 7 7

**RING/TRX AUSTRAILIAN PULL-UP 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 3 8 8 8 8 8 8  
TRAINING 5 9 9 9 9 9   
TRAINING 7 9 9 9 9 9 9   
TRAINING 9 10 10 10 10 10   
TRAINING 11 10 10 10 10 10 10

**SKIERG CALORIEEN 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 7 7 6 6 6   
TRAINING 3 7 7 7 6 6 6   
TRAINING 5 7 7 7 7 7 7   
TRAINING 7 8 8 7 7 7 7   
TRAINING 9 8 8 8 8 7 7  
TRAINING 11 8 8 8 8 8 8

**DUMBELL CURL AND PRESS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 3 8 8 8 8 8 8  
TRAINING 5 9 9 9 9 9   
TRAINING 7 9 9 9 9 9 9   
TRAINING 9 10 10 10 10 10   
TRAINING 11 10 10 10 10 10 10

CORE TRI-SETS SETS WORK TIME REST TIME  
TRAINING 1 3 35 60S  
TRAINING 3 3 40 50S  
TRAINING 5 4 35 60S   
TRAINING 7 4 40 50S  
TRAINING 9 5 40 50S  
TRAINING 11 5 45 45S

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

**WWW.PT-HAARLEM.NL PROGRAM 4.2 LOWERBODY**

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| **2.** | | | | | | |
| **EMOM PIRAMIDE 90 SECONDEN** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL BACK SQUATS 2 RUNNING CALORIEEN 3 BARBELL DEADLIFT  4 ASSUALT BIKE  5 BOX JUMPS |  |  |  | 2-1-2-1  2-1-1-1 |  |

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| **3.** | | | | | | |
| **CORE TRI-SET ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DEADBUG 2 PLANK  3 LEG RAISES |  |  |  | 2-1-2-1  2-1-3-1- |  |

**BACKSQUATS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 9 8 7 6 5   
TRAINING 4 9 8 7 6 5 4   
TRAINING 6 10 9 8 7 6   
TRAINING 8 10 9 8 7 6 5  
TRAINING 10 11 10 9 8 7   
TRAINING 12 11 10 9 8 7 6

**RUNNING CALORIEEN 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 8 8 8 8 8   
TRAINING 4 8 8 8 8 8 8  
TRAINING 6 9 9 9 9 9 9   
TRAINING 8 10 10 9 9 9 9   
TRAINING 10 10 10 10 10 10 10  
TRAINING 12 11 11 11 11 11 11

**BARBELL DEADLIFT 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 9 8 7 6 5   
TRAINING 4 9 8 7 6 5 4   
TRAINING 6 10 9 8 7 6   
TRAINING 8 10 9 8 7 6 5  
TRAINING 10 11 10 9 8 7   
TRAINING 12 11 10 9 8 7 6

**ASSAULT BIKE 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 8 8 8 8 8   
TRAINING 4 8 8 8 8 8 8  
TRAINING 6 9 9 9 9 9 9   
TRAINING 8 10 10 9 9 9 9   
TRAINING 10 10 10 10 10 10 10  
TRAINING 12 11 11 11 11 11 11

**BOX JUMPS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 8 8 8 8 8   
TRAINING 4 8 8 8 8 8 8  
TRAINING 6 9 9 9 9 9 9   
TRAINING 8 9 9 9 9 9 9   
TRAINING 10 10 10 10 10 10 10  
TRAINING 12 11 11 11 10 10 10

CORE TRI-SETS SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 2 3 35 10 60S  
TRAINING 4 3 40 10 50S  
TRAINING 6 4 35 10 60S   
TRAINING 8 4 40 10 50S  
TRAINING 10 5 40 10 50S  
TRAINING 12 5 45 10 45S