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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  |

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

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| **2.**  |
| **21E**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PUSH-UPS |  |  |  |  |  |
| 2 | BAND OVERHEAD PRESS |  |  |  |  |  |
| 3 | DUMBELL BENT OVER REVERSE FLY |  |  |  |  |  |
| 4 | DUMBELL SHOULDER SIDE RAISES  |  |  |  |  |  |
| 5 | LYING DUMBELL TRICEP EXTENION |  |  |  |  |  |
| 6 | BAND HAMMER CURL |  |  |  |  |  |

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| **3.** |
| **CORE 21E** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SUPERMAN PRESS |  |  |  |  |  |
| 2 | V-UPS |  |  |  |  |  |

21E
 SETS REPS REST
TRAINING 1 3 6/6/6 60S
TRAINING 3 3 7/7/7 60S
TRAINING 5 3 8/8/8 60S
TRAINING 7 4 5/5/5 50S
TRAINING 9 4 6/6/6 50S
TRAINING 11 4 7/7/7 50S

CORE 21E
 SETS REPS REST
TRAINING 1 2 6/6/6 50S
TRAINING 3 2 7/7/7 50S
TRAINING 5 3 6/6/6 50S
TRAINING 7 3 7/7/7 40S
TRAINING 9 4 6/6/6 40S
TRAINING 11 4 7/7/7 40S

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  |

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

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| **2.**  |
| **21E**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | GOBLET SQUATS |  |  |  |  |  |
| 2 | STATIONATED LUNGES |  | 2 |  |  |  |
| 3 | BAND DEADLIFT |  |  |  |  |  |
| 4 | BODY WHEIGTH LYING GLUTE SIDE RAISES | L + R | 2 |  |  |  |
| 6 | CALF RAISES |  |  |  |  |  |
|  | TUCK JUMP SQUATS (NO 21e) | 10/12/13 | 3/4 |  |  |  |

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| **3.** |
| **CORE 21E** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SIT-UPS |  |  |  |  |  |
| 2 | LEG RAISES |  |  |  |  |  |

21E
 SETS REPS REST
TRAINING 2 3 6/6/6 60S
TRAINING 4 3 7/7/7 60S
TRAINING 6 3 8/8/8 60S
TRAINING 8 4 5/5/5 50S
TRAINING 10 4 6/6/6 50S
TRAINING 12 4 7/7/7 50S

CORE 21E
STATIONATED LUNGES
BODY WHEIGTH LYING GLUTE SIDE RAISES

 SETS REPS REST
TRAINING 2 2 6/6/6 50S
TRAINING 4 2 7/7/7 50S
TRAINING 6 3 6/6/6 50S
TRAINING 8 3 7/7/7 40S
TRAINING 10 4 6/6/6 40S
TRAINING 12 4 7/7/7 40S