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

**WWW.PT-HAARLEM.NL PROGRAM 5 AFVALLEN**

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| **2.** | | | | | | |
| **CIRCUIT 1** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 PUSH-UP WALK-OUT  2 BAND REVERSE FLY 3 PUSH-UPS  4 BAND SIDE JUMPS 5 BAND OVERHEAD PRESS 6 PLANK |  |  |  |  |  |

|  |  |  |  |  |  |  |
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| **3.** | | | | | | |
| **CIRCUIT 2** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 BODYWEIGHT JUMP SQUATS  2 BAND HAMMER BICEP CURL 3 BURPEES  4 DUMBELL BENT OVER ROW 5 PUSH-UP SHOULDER TAP 6 SUPERMAN PRESS |  |  |  |  |  |

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| **4.** | | | | | | |
| **CORE 21E** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | SIT-UPS  LEG RAISES |  |  |  |  |  |

CIRCUIT TRAINING 1+2

SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 3 35 10 50S  
TRAINING 2 3 40 10 45S  
TRAINING 3 4 35 10 60S   
TRAINING 4 4 40 10 50S  
TRAINING 5 2X2 40 10 70S  
TRAINING 6 2X2 45 10 65S

CORE 21E  
 SETS REPS  
TRAINING 1 3 6/6/6   
TRAINING 2 3 7/7/7  
TRAINING 3 3 8/8/8  
TRAINING 4 4 5/5/5  
TRAINING 5 4 6/6/6  
TRAINING 6 4 7/7/7