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

**WWW.PT-HAARLEM.NL PROGRAM 5.1 UPPERBODY**

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| --- |
| **2.**  |
| **CIRCUIT 1**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 PUSH-UP WALKOUT 2 DUMBELL RENEGADE ROW 3 JUMPING JACKS 4 BAND REVERSE FLY 5 FLOOR TOUCH AND JUMPS6 BAND OVERHEAD PRESS |  |  |  |  |  |

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| **3.**  |
| **CIRCUIT 2**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 DUMBELL FLOOR PRESS2 HIGH KNEES3 DUMBELL BENT OVER ROW4 BAND SINGLE LEG SKIPPING 5 BAND THRUSTER6 BAND BICEP CURL |  |  |  |  |  |

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

**WWW.PT-HAARLEM.NL PROGRAM 5.2 LOWERBODY**

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

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| **3.**  |
| **CIRCUIT 2**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 MOUNTAINCLIMBERS 2 JUMP SQUATS3 PUSH UP SHOULDER TAP4 DUMBELL LUNGES FORWARDS 5 HIP BRIDGE6 DUMBELL THRUSTER  |  |  |  |  |  |

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| **4.** |
| **STATIC HOLD SINGLE SETS** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | HBH  |  |  |  |  |  |
|  | PLANK  |  |  |  |  |  |

|  |
| --- |
| **2.**  |
| **CIRCUIT 1**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 BURPEES 2 BAND STIFF DEADLIFT3 BAND STEP IN FORWARD 4 DUMBELL LUNGES BACKWARDS 5 BAND SIDE JUMPS6 SUPERMAN ALTERNATING |  |  |  |  |  |

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

STATIC HOLD SINGLE SETS
HBH SETS HOLD REST
TRAINING 1 3 14S 35S
TRAINING 2 3 16S 35S
TRAINING 3 4 18S 35S
TRAINING 4 4 16S 35S
TRAINING 5 5 18S 35S
TRAINING 6 5 20S 35S

STATIC HOLD SINGLE SETS
PLANK SETS HOLD REST
TRAINING 1 3 40S 35S
TRAINING 2 3 45S 35S
TRAINING 3 4 50S 40S
TRAINING 4 4 55S 40S
TRAINING 5 5 60S 45S
TRAINING 6 5 65S 45S