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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 JUMPS 6 BAND OVERHEAD PRESS |  |  |  |  |  |

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| **3.** | | | | | | |
| **CIRCUIT 2** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 DUMBELL FLOOR PRESS 2 HIGH KNEES 3 DUMBELL BENT OVER ROW 4 BAND SINGLE LEG SKIPPING  5 BAND THRUSTER 6 BAND BICEP CURL |  |  |  |  |  |

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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

**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 SQUATS 3 PUSH UP SHOULDER TAP 4 DUMBELL LUNGES FORWARDS  5 HIP BRIDGE 6 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 DEADLIFT 3 BAND STEP IN FORWARD  4 DUMBELL LUNGES BACKWARDS  5 BAND SIDE JUMPS 6 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