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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP & WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 4 BAND & H.I.T**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **H.I.T. CIRCUIT** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 JUMPSQUATS  2 PUSH-UP WALK OUTS 3 HIGH KNEES 4 PLANK |  |  |  |  |  |
| 2 | 1 BAND STEP OVER  2 PUSH-UP SHOULDER TAP  3 JUMPING JACKS  4 SUPERMAN |  |  |  |  |  |

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| **2.** | | | | | | |
| **RESISTENDS BAND STERNGHT** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 THURSTER  2 REVERSE FLY |  |  |  |  |  |
| 2 | 1 DEADLIFT  2 FRONT RAISES Y |  |  |  |  |  |
| 3 | 1 BICEPS  2 TRICEPS |  |  |  |  |  |

H.I.T. CIRCUIT  
TRAINING 1 4X SETS 25SEC WORK 60SEC REST   
TRAINING 2 4X SETS 30SEC WORK 60SEC REST   
TRAINING 3 2X2 SETS 25SEC WORK 60SEC REST   
TRAINING 4 2X2 SETS 30SEC WORK 60SEC REST   
TRAINING 5 3X2 SETS 25SEC WORK 60SEC REST   
TRAINING 6 2X3 SETS 25SEC WORK 60SEC REST

BAND SUPERSETS   
TRAINING 1 4X 30SEC WORK 60SEC REST   
TRAINING 2 4X 35SEC WORK 60SEC REST   
TRAINING 3 4X 40SEC WORK 60SEC REST   
TRAINING 4 5X 30SEC WORK 50SEC REST   
TRAINING 5 5X 35SEC WORK 50SEC REST   
TRAINING 6 5X 40SEC WORK 50SEC REST