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

**WWW.PT-HAARLEM.NL PROGRAM 1.1 UPPERBODY**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | RENAGADE ROW JUMPING JACKS |  |  |  |  |  |
| 2 | DUMBELL CURL AND PRESS PUSH-UP WALKOUT |  |  |  |  |  |
| 3 | BAND OVERHEAD PRESS BAND STEP-IN FORWARD |  |  |  |  |  |
| 4 | BAND REVERSE FLY HIGH KNEES |  |  |  |  |  |

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| **3.** | | | | | | |
| **ABS SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | SUPERMAN PRESS |  |  |  |  |  |
| 3 | CRUNCHES |  |  |  |  |  |

SUPERSETS ON TIME SETS WORK TIME REST TIME  
TRAINING 1 4 35 40S  
TRAINING 3 4 40 45S  
TRAINING 5 4 45 40S  
TRAINING 7 5 30 40S  
TRAINING 9 5 45 35S   
TRAINING 11 5 40 30S  
  
ABS SINGLE SETS ON TIME  
TRAINING 1 4 35 50S  
TRAINING 3 4 40 50S  
TRAINING 5 4 45 45S  
TRAINING 7 5 30 45S  
TRAINING 9 5 45 50S   
TRAINING 11 5 40 50S

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

**WWW.PT-HAARLEM.NL PROGRAM 1.2 LOWERBODY**

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| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL LUNGES BURPEES |  |  |  |  |  |
| 2 | HIP THRUSTER PUSH-UP HOULDER TAP |  |  |  |  |  |
| 3 | BAND DEADLIFT BAND STEP IN SIDE WAYS |  |  |  |  |  |
| 4 | BAND GLUTE SIDE WALKS JUMP SQUATS |  |  |  |  |  |

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| **3.** | | | | | | |
| **ABS SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | LEG KICKS |  |  |  |  |  |
| 2 | SUPERMAN |  |  |  |  |  |
| 3 | PLANK |  |  |  |  |  |

SUPERSETS ON TIME SETS WORK TIME REST TIME  
TRAINING 2 4 35 40S  
TRAINING 4 4 40 45S  
TRAINING 6 4 45 40S  
TRAINING 8 5 30 40S  
TRAINING 10 5 45 35S   
TRAINING 12 5 40 30S  
  
ABS SINGLE SETS ON TIME  
TRAINING 2 4 35 50S  
TRAINING 4 4 40 50S  
TRAINING 6 4 45 45S  
TRAINING 8 5 30 45S  
TRAINING 10 5 45 50S   
TRAINING 12 5 40 50S