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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 2 AFVALLEN**

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BAND DEADLIFT  2 PUSH-UP SHOULDER TAP | 8X 2X 14X |  |  |  |  |
| 2 | 1 BODYWEIGTH JUMP SQUATS  2 DUMBELL KNEELING ARNOLD PRESS | 8X 8X |  |  |  |  |
| 3 | 1 DUMBELL BENT OVER ROW 2 BURPEES | 8X 5X |  |  |  |  |
| 4 | 1 BAND SIDE JUMPS 2 DUMBELL CHEST FLOOR PRESS | 20X  8X |  |  |  |  |

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK  2 LEG KICKS ABS |  |  |  |  |  |
| 2 | 1 HBH BIKE 2 SUPERMAN PRESS |  |  |  |  |  |

EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 1 4 ROUNDS +0 reps   
TRAINING 2 4 ROUNDS +1 rep   
TRAINING 3 4 ROUNDS +2 reps   
TRAINING 4 5 ROUNDS +0 reps   
TRAINING 5 5 ROUNDS +2 reps   
TRAINING 6 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME   
TRAINING 1 3 ROUNDS 22 10   
TRAINING 2 4 ROUNDS 20 10   
TRAINING 3 4 ROUNDS 24 10   
TRAINING 4 5 ROUNDS 20 10   
TRAINING 5 5 ROUNDS 24 10   
TRAINING 6 6 ROUNDS 20 10