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

**WWW.PT-HAARLEM.NL PROGRAM 2.1 UPPERBODY**

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL FLOOR CHEST PRESS FLOOR TOUCH AND REACH | 8 8 |  |  |  |  |
| 2 | DUMBELL KNEELING ARNOLD PRESS MOUNTAINCLIMBERS | 8 26 |  |  |  |  |
| 3 | BAND KNEELING REVESE FLY HIGH KNEES | 10 26 |  |  |  |  |
| 4 | DUMBELL RENEGADE ROW JUMPING JACKS | 2x6  30 |  |  |  |  |

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK & CRUNCHES |  |  |  |  |  |
| 2 | SUPERMAN PRESS & SUPERMAN |  |  |  |  |  |

EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 1 4 ROUNDS +0 reps   
TRAINING 3 4 ROUNDS +1 rep   
TRAINING 5 4 ROUNDS +2 reps   
TRAINING 7 5 ROUNDS +0 reps   
TRAINING 9 5 ROUNDS +2 reps   
TRAINING 11 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME   
TRAINING 1 3 ROUNDS 22 10   
TRAINING 3 4 ROUNDS 20 10   
TRAINING 5 4 ROUNDS 24 10   
TRAINING 7 5 ROUNDS 20 10   
TRAINING 9 5 ROUNDS 24 10   
TRAINING 11 6 ROUNDS 20 10

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

**WWW.PT-HAARLEM.NL PROGRAM 2.2 LOWERBODY**

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SIDE PLANK R & CRUNCHES |  |  |  |  |  |
| 2 | SIDE PLANK L & LEG KICKS |  |  |  |  |  |

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | JUMP SQUATS PUSH-UP WALK-OUT | 10X 5 |  |  |  |  |
| 2 | HIP THRUSTER BAND SIDE JUMPS | 10X 26X |  |  |  |  |
| 3 | BAND THRUSTER BURPEES | 10X 5X |  |  |  |  |
| 4 | BAND DEADLIFT BAND STEP IN FORWARD | 10X 2X 12X |  |  |  |  |

EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 2 4 ROUNDS +0 reps   
TRAINING 4 4 ROUNDS +1 rep   
TRAINING 6 4 ROUNDS +2 reps   
TRAINING 8 5 ROUNDS +0 reps   
TRAINING 10 5 ROUNDS +2 reps   
TRAINING 12 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME   
TRAINING 2 3 ROUNDS 22 10   
TRAINING 4 4 ROUNDS 20 10   
TRAINING 6 4 ROUNDS 24 10   
TRAINING 8 5 ROUNDS 20 10   
TRAINING 10 5 ROUNDS 24 10   
TRAINING 12 6 ROUNDS 20 10