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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP WORLDS GREATEST STRETCH |
| CONDITIONING RUNNING EMOM |

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

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| **2.**  |
| **SUPER-SETS ON REPS** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PUSH-UPSDUMBELL CHEST PRESS | 88 | 4 |  | 3-1-2-13-1-2-1 |  |
| 2 | CABLE ROWDUMBELL BENT OVER REVERSE FLY | 812 | 4 |  | 2-2-2-12-2-2-1 |  |
| 3 | KETTEBELL KNEELING OVERHEAD PRESSDUMBELL SIDE RAISES | 810 | 4 |  | 2-2-2-12-1-3-1 |  |
| 4 | HAMMER BICEP CURLLYING DUMBELL TRICEP EXTENSION | 1212 | 4 |  | 2-1-3-13-1-2-1 |  |

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| **3.** |
| **CORE SINGLE SETS** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | HBH BIKE |  |  |  | 2-2-2-1 |  |
| 2 | SUPERMAN PRESS |  |  |  | 2-2-2-1 |  |
| 3 | CRUNCHES |  |  |  | 2-2-2-1 |  |

RUNNING SETS EMOM CALORIEEN
TRAINING 1 4X 70S 7
TRAINING 2 4X 60S 7
TRAINING 3 5X 70S 7
TRAINING 4 5X 60S 7
TRAINING 5 6X` 70S 7
TRAINING 6 6X 60S 7

SUPERSETS ON REPS REPS SETS REST TIME
TRAINING 1 +0 +0 50S
TRAINING 3 +1 +0 50S
TRAINING 5 +2 +0 50S
TRAINING 7 +1 +1 50S
TRAINING 9 +3 +1 55S
TRAINING 11 +0 +2 50S

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** |
| RUSSIAN JOINT WARMING-UP WORLDS GREATEST STRETCH |
| CONDITIONING SKIERG EMOM |

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

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| **2.**  |
| **SUPER-SETS ON REPS** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL GOBLET SQUATSDUMBELL LUNGES BACKWARDS | 82X6 | 4 |  | 3-1-2-12-2-2-1 |  |
| 2 | BARBELL RDL DEADLIFTBAND HIP THRUSTER | 812 | 4 |  | 2-2-3-12-3-1-1 |  |
| 3 | BARBELL BOX STEP-UPS BAND GLUTE SIDE WALKS 3 METER | 2X64 | 4 |  | 2-1-2-12-2-2-1 |  |
| 4 | BOX JUMPSCALF RAISES | 812 | 4 |  | 2-1-1-13-1-2-1 |  |

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| **3.** |
| **CORE SINGLE SETS** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | V-UPS |  |  |  | 2-2-2-1 |  |
| 2 | PLANK |  |  |  |  |  |
| 3 | SUPERMAN |  |  |  | 2-2-2-1 |  |

SKIERG EMOM SETS EMOM CALORIEEN
TRAINING 1 4X 70S 7
TRAINING 2 4X 60S 7
TRAINING 3 5X 70S 7
TRAINING 4 5X 60S 7
TRAINING 5 6X` 70S 7
TRAINING 6 6X 60S 7

SUPERSETS ON REPS REPS SETS REST TIME
TRAINING 2 +0 +0 50S
TRAINING 4 +1 +0 50S
TRAINING 6 +2 +0 50S
TRAINING 8 +1 +1 50S
TRAINING 10 +3 +1 55S
TRAINING 12 +0 +2 50S

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