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

**WWW.PT-HAARLEM.NL PROGRAM 3 AFVALLEN**

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| **2.** | | | | | | |
| **TRI-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DUMBELL GOBLET SQUATS 2 BAND STEP-IN FORWARD 3 PLANK |  |  |  |  |  |
| 2 | 1 BAND GLUTE SIDE WALK 3 STEPS 2 RENEGADE ROW 3 JUMPING JACKS |  |  |  |  |  |
| 3 | 1 DUMBELL LUNGES FORWARD ALTERNATING   2 PUSH-UP WALKOUT  3 BAND REVERSE FLY |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE AMRAP** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | FLOOR TOUCH AND REACH  HBH BIKE |  |  |  |  |  |

TRISETS ON TIME   
 SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 4 35 10 60S  
TRAINING 2 4 40 10 50S  
TRAINING 3 2X2 35 10 80S   
TRAINING 4 2X2 40 10 70S  
TRAINING 5 5 40 10 50S  
TRAINING 6 5 45 10 45S

CORE AMRAP

TIME HBH BIKE FLOOR TOUCH AND REACH  
TRAINING 1 5 MINUTEN 2X6 8   
TRAINING 2 5 MINUTEN 2X7 8  
TRAINING 3 6 MINUTEN 2X7 9   
TRAINING 4 6 MINUTEN 2X8 9  
TRAINING 5 7 MINUTEN 2X8 10  
TRAINING 6 7 MINUTEN 2X9 10