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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING 9 MINUTES BIKE / SKIERG / RUNNING / ROPEJUMPS / CROSSTRAINER / STAIRWALKER / ROW |

**WWW.PT-HAARLEM.NL PROGRAM 4 FULLBODY**

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| **2.** | | | | | | |
| **21E** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS |  |  |  |  |  |
| 2 | DUMBELL STATIONATED LUNGES |  |  |  |  |  |
| 3 | BARBELL RDL DEADLIFT |  |  |  |  |  |
| 4 | BODY WEIGTH GLUTE SIDE RAISES |  |  |  |  |  |
| 5 | DUMBELL CALF RAISES |  |  |  |  |  |
| 6 | PUSH-UPS |  |  |  |  |  |
| 7 | AUSTRAILIAN PULL-UPS |  |  |  |  |  |
| 8 | CABLE BICEP CURL |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE 21E** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SIT-UPS |  |  |  |  |  |
| 2 | LEG RAISES |  |  |  |  |  |

21E  
 SETS REPS REST  
TRAINING 1 3 6/6/6 60S  
TRAINING 2 3 7/7/7 60S  
TRAINING 3 3 8/8/8 60S  
TRAINING 4 4 5/5/5 50S  
TRAINING 5 4 6/6/6 50S  
TRAINING 6 4 7/7/7 50S

CORE 21E  
 SETS REPS REST  
TRAINING 1 2 6/6/6 50S  
TRAINING 2 2 7/7/7 50S  
TRAINING 3 3 6/6/6 50S  
TRAINING 4 3 7/7/7 40S  
TRAINING 5 4 6/6/6 40S  
TRAINING 6 4 7/7/7 40S