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

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

|  |
| --- |
| **2.**  |
| **21E**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | GOBLET SQUATS |  |  |  |  |  |
| 2 | STATIONATED LUNGES |  |  |  |  |  |
| 3 | LYING GLUTE SIDE RAISES |  |  |  |  |  |
| 4 | BAND DEADLIFT |  |  |  |  |  |
| 5 | DUMBELL OVERHEAD PRESS |  |  |  |  |  |
| 6 | DUMBELL BENT OVER FLY |  |  |  |  |  |
| 7 | LYING DUMBEEL TRICEP EXTENION |  |  |  |  |  |
| 8 | DUMBELL HAMMER CURL |  |  |  |  |  |

|  |
| --- |
| **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