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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP CONDITIONING RUNNING & ASSAULT PIRAMIDE |

**WWW.PT-HAARLEM.NL PROGRAM 4.1 UPPERBODY**

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| **2.**  |
| **21E**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BENCH PRESS |  |  |  |  |  |
| 2 | CABLE ROW ROW |  |  |  |  |  |
| 3 | DUMBELL OVERHEAD PRESS |  |  |  |  |  |
| 4 | PULL-UPS  |  |  |  |  |  |
| 5 | LYING DUMBELL TRICEP EXTENION |  |  |  |  |  |
| 6 | CABLE BICEP CURL |  |  |  |  |  |

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| **3.** |
| **CORE 21E** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SUPERMAN PRESS |  |  |  |  |  |
| 2 | V-UPS |  |  |  |  |  |

CONDITIONING
TRAINING 1 11-9-7 RUNNING / ASSAULT BIKE
TRAINING 2 12-10-8 RUNNING / ASSAULT BIKE
TRAINING 3 14-12-10 RUNNING / ASSAULT BIKE
TRAINING 4 12-10-8-6 RUNNING / ASSAULT BIKE
TRAINING 5 14-12-10-8 RUNNING / ASSAULT BIKE
TRAINING 6 16-1412-10 RUNNING / ASSAULT BIKE

21E
 SETS REPS REST
TRAINING 1 3 6/6/6 60S
TRAINING 3 3 7/7/7 60S
TRAINING 5 3 8/8/8 60S
TRAINING 7 4 5/5/5 50S
TRAINING 9 4 6/6/6 50S
TRAINING 11 4 7/7/7 50S

CORE 21E
 SETS REPS REST
TRAINING 1 2 6/6/6 50S
TRAINING 3 2 7/7/7 50S
TRAINING 5 3 6/6/6 50S
TRAINING 7 3 7/7/7 40S
TRAINING 9 4 6/6/6 40S
TRAINING 11 4 7/7/7 40S

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP CONDITIONING RUNNING & SKIERG  |

**WWW.PT-HAARLEM.NL PROGRAM 4.2 LOWERBODY**

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| **2.**  |
| **21E**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | GOBLET SQUATS |  |  |  |  |  |
| 2 | STATIONATED LUNGES |  | 2 |  |  |  |
| 3 | BARBELL RDL DEADLIFT |  |  |  |  |  |
| 4 | BODY WHEIGTH LYING GLUTE SIDE RAISES | L + R | 2 |  |  |  |
| 5 | BODY WHEGTH GLUTE LEG RAISES  | L + R | 2 |  |  |  |
| 6 | CALF RAISES |  |  |  |  |  |

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

CONDITIONING SKIERG AND RUNNING
TRAINING 1 11-9-7 RUNNING
TRAINING 2 12-10-8 RUNNING / SKIERG
TRAINING 3 14-12-10 RUNNING / SKIERG
TRAINING 4 12-10-8-6 RUNNING / SKIERG
TRAINING 5 14-12-10-8 RUNNING / SKIERG
TRAINING 6 16-1412-10 RUNNING / SKIERG

21E
 SETS REPS REST
TRAINING 2 3 6/6/6 60S
TRAINING 4 3 7/7/7 60S
TRAINING 6 3 8/8/8 60S
TRAINING 8 4 5/5/5 50S
TRAINING 10 4 6/6/6 50S
TRAINING 12 4 7/7/7 50S

CORE 21E
STATIONATED LUNGES
BODY WHEGTH GLUTE LEG RAISES
BODY WHEIGTH LYING GLUTE SIDE RAISES

 SETS REPS REST
TRAINING 2 2 6/6/6 50S
TRAINING 4 2 7/7/7 50S
TRAINING 6 3 6/6/6 50S
TRAINING 8 3 7/7/7 40S
TRAINING 10 4 6/6/6 40S
TRAINING 12 4 7/7/7 40S