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

**WWW.PT-HAARLEM.NL PROGRAM 5 AFVALLEN**

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| **2.**  |
| **CIRCUIT 1**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 DUMBELL LUNGES BACKWARDS ALTERNATING 2 BAND REVERSE FLY3 PUSH-UP WALKOUT 4 BAND OVERHEAD PRESS 5 BAND STEP IN6 PLANK |  |  |  |  |  |

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| **3.**  |
| **CIRCUIT 2**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 BODYWEIGHT JUMP SQUATS 2 DOUBLE BAND BICEP CURL3 BURPEES4 PUSH-UP SHOULDER TAP5 DUMBELL BENT OVER ROW6 SUPERMAN PRESS |  |  |  |  |  |

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| **4.** |
| **CORE 21E** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | SIT-UPSLEG RAISES |  |  |  |  |  |

CIRCUIT TRAINING 1+2

 SETS WORK TIME BETWEEN TIME REST TIME
TRAINING 1 3 35 10 50S
TRAINING 2 3 40 10 45S
TRAINING 3 4 35 10 60S
TRAINING 4 4 40 10 50S
TRAINING 5 2X2 40 10 70S
TRAINING 6 2X2 45 10 65S

CORE 21E
 SETS REPS
TRAINING 1 3 6/6/6
TRAINING 2 3 7/7/7
TRAINING 3 3 8/8/8
TRAINING 4 4 5/5/5
TRAINING 5 4 6/6/6
TRAINING 6 4 7/7/7