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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING 10 MINUTES BIKE / SKIERG / RUNNING / ROPEJUMPS / CROSSTRAINER / STAIRWALKER / ROW |

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

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| **2.** | | | | | | |
| **GET IT DONE A.S.A.P. !** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | KETTEBELL GOBLET SQUATS |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL LUNGES FORWARDS ALTERNATING |  |  |  | 2-1-2-1 |  |
| 3 | RDL DEADLIFT (POSTURE IS EVERYTHING) |  |  |  | 3-1-2-1 |  |
| 4 | BOX JUMPS |  |  |  |  |  |
| 5 | PUSH-UPS |  |  |  | 3-1-2-1 |  |
| 6 | AUSTRAILIAN PULL-UPS |  |  |  | 2-1-3-1 |  |
| 7 | BARBELL BICEP CURLS |  |  |  | 2-1-3-1 |  |
| 8 | CABLE TRICEP EXTENSIONS |  |  |  | 2-1-3-1 |  |

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| **3.** | | | | | | |
| **CORE SUPERSETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK AROUND THE WORLD LEG RAISES |  |  |  |  |  |
| 2 | HBH BIKE PRATE SUPERMAN PRESS |  |  |  |  |  |

GET IT DONE! REPS REST GET IT DONE IN  
TRAINING 1 60 90S (MAX 9 MINUTES)  
TRAINING 2 65 90S (MAX 9 MINUTES)  
TRAINING 3 70 90S (MAX 8 MINUTES)  
TRAINING 4 75 90S (MAX 8 MINUTES)  
TRAINING 5 80 90S (MAX 8 MINUTES)  
(MUSCLE FAILER MEANS: REST UNTIL YOU CAN DO THE EXERCISE ON THE CORRECT WAY)

ABS SUPER SETS ON TIME  
TRAINING 1 3 25 50S  
TRAINING 3 3 30 50S  
TRAINING 5 3 35 45S  
TRAINING 7 4 30 45S  
TRAINING 9 4 35 50S   
TRAINING 11 4 40 50S