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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP CONDITIONING ROPE JUMPS |

**WWW.PT-HAARLEM.NL PROGRAM 5.1 UPPERBODY**

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| **2.**  |
| **GET IT DONE A.S.A.P. !** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PUSH-UPS |  |  |  | 2-2-2-1 |  |
| 2 | AUSTRAILIAN PULL UPS  |  |  |  | 2-2-2-1 |  |
| 3 | KETTEBELL KNEELING ARNOLD PRESS |  |  |  | 2-1-3-1 |  |
| 4 | PULL-UPS |  |  |  | 2-2-2-1 |  |
| 5 | BARBELL BICEP CURL |  |  |  | 2-2-21 |  |
| 6 | CABLE TRICEP EXTENSION |  |  |  | 3-1-2-1 |  |

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| **3.** |
| **CORE SUPERSETS ON TIME** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK AROUND THE WORLDLEG RAISES |  |  |  | 4-4-4-42-1-3-1 |  |
| 2 | HBH BIKEPLATE SUPERMAN PRESS |  |  |  | 2-2-2-12-1-2-1 |  |

ROPEJUMPS
TRAINING 1 100X
TRAINING 3 140X
TRAINING 5 180X
TRAINING 7 220X
TRAINING 9 260X

GET IT DONE! REPS REST GET IT DONE IN
TRAINING 1 60 90S (MAX 9 MINUTES)
TRAINING 3 65 90S (MAX 9 MINUTES)
TRAINING 5 70 90S (MAX 8 MINUTES)
TRAINING 7 75 90S (MAX 8 MINUTES)
TRAINING 9 80 90S (MAX 8 MINUTES)
(MUSCLE FAILER MEANS: REST UNTIL YOU CAN DO THE EXERCISE ON A CORRECT WAY)

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

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP CONDITINOING ROPE JUMPS |

**WWW.PT-HAARLEM.NL PROGRAM 5.2 LOWERBODY**

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| **2.**  |
| **GET IT DONE A.S.A.P. !** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL DEADLIFT |  |  |  | 2-3-2-1 |  |
| 3 | LUNGES BACKWARDS ALTERNATING (60: 2X30) |  |  |  | 2-2-2-1 |  |
| 4 | BAND HIP THRUSTER |  |  |  | 2-1-3-1 |  |
| 5 | GLUTE SIDE RAISES (60: 2X60)  |  |  |  | 2-1-2-1 |  |
| 6 | CALF RAISES |  |  |  | 2-1-3-1 |  |

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| **3.** |
| **CORE SUPERSETS ON TIME** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DEADBUGLEG KICKS |  |  |  | 2-2-2-12-2-2-1 |  |
| 2 | V-UPSSUPERMAN |  |  |  | 2-2-2-12-2-2-1 |  |

ROPEJUMPS
TRAINING 2 120X
TRAINING 4 160X
TRAINING 6 200X
TRAINING 8 240X
TRAINING 10 280X

GET IT DONE! REPS REST GET IT DONE IN
TRAINING 2 60 90S (MAX 9 MINUTES)
TRAINING 4 65 90S (MAX 9 MINUTES)
TRAINING 6 70 90S (MAX 8 MINUTES)
TRAINING 8 75 90S (MAX 8 MINUTES)
TRAINING 10 80 90S (MAX 8 MINUTES)

(MUSCLE FAILER MEANS: REST UNTIL YOU CAN DO THE EXERCISE ON THE CORRECT WAY)
CORE SUPER SETS ON TIME
TRAINING 2 3 25 50S
TRAINING 4 3 30 50S
TRAINING 6 4 30 45S
TRAINING 8 4 35 45S
TRAINING 10 4 40 50S