**WWW.PT-HAARLEM.NL TECHNIK WEIGHTLIFTING 1.1**

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| **1.** |
| **WARMING-UP** |
| PICK ONE: RUSSIAN JOINT WARMING-UP / WORLDS GREATEST STRETCH / BAND WARMING-UP / PVC PIPE WARMING-UP |

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| **2.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | ZOMBIE FRONT SQUATS |  |  |  |  |  |
| 2 | X RACK POSITION DIP AND TRIPLE EXTENSION |  |  |  |  |  |
| 3 | JERK FOCUS ON RECORERY WHITOUT PVCB PIPE |  |  |  |  |  |
| 5 | SNATCH PULL |  |  |  |  |  |
| 6 | OVERHEAD SQUATS |  |  |  |  |  |

WORKOUT SETS SECONDS WORK SECONDS REST   
1 2 35 35  
2 2 40 35  
3 2 45 35  
4 3 30 30  
5 3 45 30   
6 3 40 30