**WWW.PT-HAARLEM.NL TECHNIK WEIGHTLIFTING 1.2**

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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.**  |
| **SUPERSETS** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 OVERHEAD SQUATS2 DROP SNATCH WHITOUT FEET |  |  |  |  |  |
| 2 | 1 CLEAN PULL2 ZOMBIE FRONT SQUATS |  |  |  |  |  |
| 4 | 1 X RACK POSITION DIP AND TRIPLE EXTENSION2 JERK FOCUS ON RECORERY WHITOUT PVC PIPE |  |  |  |  |  |

WORKOUT SETS SECONDS WORK SECONDS REST PVC/TECHNIEK
1 2 35 35 PVC
2 2 40 35 PVC
3 2 45 35 PVC
4 2 35 30 TECHNIK BARBELL
5 2 40 30 TECHNIK BARBELL
6 2 45 30 TECHNIK BARBELL