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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPERSETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 OVERHEAD SQUATS  2 DROP SNATCH WHITOUT FEET |  |  |  |  |  |
| 2 | 1 CLEAN PULL  2 ZOMBIE FRONT SQUATS |  |  |  |  |  |
| 4 | 1 X RACK POSITION DIP AND TRIPLE EXTENSION 2 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