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

 **WWW.PT-HAARLEM.NL TECHNIK WEIGHTLIFTING 1.4**

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| **2.**  |
| **EMOM 2 EXERCISE**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 LOW SQUAT SIT 2 OVERHEAD SQUATS |  |  |  |  |  |
| 2 | 1 SNATCH PULL 3 POSITION PAUSE 5 SECOND HOLD 2 POWER SNATCH  |  |  |  |  |  |
| 4 | 1 CLEAN PULL2 HANG POWER CLEAN |  |  |  |  |  |

WORKOUT 1 MINUTES REPS/SEC SECONDS EMOM PVC/TECHNIEK
1 LOW SQUAT SIT 4 16S 70S
2 OVERHEAD SQUATS 5X PVC

1 SNATCH PULL 3 POSITION PAUSE 5S 4 2X 90S PVC
2 POWER SNATCH 5X PVC

1 CLEAN PULL 4 4X 80S TECHNIK BAR
2 HANG POWER CLEAN 4X TECHNIK BAR

WORKOUT 2 MINUTES REPS/SEC SECONDS EMOM PVC/TECHNIEK
1 LOW SQUAT SIT 4 18S 70S
2 OVERHEAD SQUATS 6X PVC

1 SNATCH PULL 3 POSITION PAUSE 5S 4 3X 90S PVC
2 POWER SNATCH 6X PVC

1 CLEAN PULL 4 5X 80S TECHNIK BAR
2 HANG POWER CLEAN 5X TECHNIK BAR

WORKOUT 3 MINUTES REPS/SEC SECONDS EMOM PVC/TECHNIEK
1 LOW SQUAT SIT 4 20S 70S
2 OVERHEAD SQUATS 7X PVC

1 SNATCH PULL 3 POSITION PAUSE 5S 4 4X 90S PVC
2 POWER SNATCH 7X PVC

1 CLEAN PULL 4 6X 80S TECHNIK BAR
2 HANG POWER CLEAN 6X TECHNIK BAR

WORKOUT 4 MINUTES REPS/SEC SECONDS EMOM PVC/TECHNIEK
1 LOW SQUAT SIT 4 22S 70S
2 OVERHEAD SQUATS 5X TECHNIK BAR

1 SNATCH PULL 3 POSITION PAUSE 5S 4 2X 90S TECHNIK BAR
2 POWER SNATCH 5X TECHNIK BAR

1 CLEAN PULL 4 5X 80S EMPTY BAR
2 HANG POWER CLEAN 5X EMPTY BAR

WORKOUT 5 MINUTES REPS/SEC SECONDS EMOM PVC/TECHNIEK
1 LOW SQUAT SIT 4 24S 70S
2 OVERHEAD SQUATS 6X TECHNIK BAR

1 SNATCH PULL 3 POSITION PAUSE 5S 4 3X 90S TECHNIK BAR
2 POWER SNATCH 6X TECHNIK BAR

1 CLEAN PULL 4 6X 80S EMPTY BAR
2 HANG POWER CLEAN 6X EMPTY BAR

WORKOUT 6 MINUTES REPS/SEC SECONDS EMOM PVC/TECHNIEK
1 LOW SQUAT SIT 4 26S 70S
2 OVERHEAD SQUATS 7X TECHNIK BAR

1 SNATCH PULL 3 POSITION PAUSE 5S 4 4X 90S TECHNIK BAR
2 POWER SNATCH 7X TECHNIK BAR

1 CLEAN PULL 4 7X 80S EMPTY BAR
2 HANG POWER CLEAN 7X EMPTY BAR