|  |
| --- |
| **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 1.5**

|  |
| --- |
| **2.**  |
| **SUPERSETS ON REPS** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 FRONT SQAUTS 2 POWER CLEAN | 43 | 2 | TECHNIK BAR |  | 30S |
| 2 | 1 DIP AND TRIPLE EXTENSION 2 PUSH-PRESS | 34 | 2 | TECHNIK BAR |  | 30S |
| 4 | 1 POWER SNATCH2 OVERHEAD SQUATS | 43 | 2 | TECHNIK BAR |  | 30S |

SINGLE SETS REPS REPS SETS REST TIME
TRAINING 1 +0 +0 30S
TRAINING 2 +1 +0 30S
TRAINING 3 +2 +0 30S
TRAINING 4 +1 +1 30S
TRAINING 5 +2 +1 30S
TRAINING 6 +3 +1 30S