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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 1.5**

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| **2.** | | | | | | |
| **SUPERSETS ON REPS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 FRONT SQAUTS  2 POWER CLEAN | 4 3 | 2 | TECHNIK BAR |  | 30S |
| 2 | 1 DIP AND TRIPLE EXTENSION  2 PUSH-PRESS | 3 4 | 2 | TECHNIK BAR |  | 30S |
| 4 | 1 POWER SNATCH 2 OVERHEAD SQUATS | 4 3 | 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