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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP |
| WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 4 BOOTYBUILDER**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SUPER-SETS ON REPS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | MINI BAND SQUATS KNEELING DOWN GET BACK UP AND 2 SQAUTS | 12 6 | 4 |  | 3-1-2-1 |  |
| 2 | BAND GLUTE SIDEWALKS DUMBELL GOBLET SIDE LUNGES ALTERNATING | 3X4M 2X6 | 4 |  | 2-1-2-1 |  |
| 3 | DUMBELL RDL BAND GOODMORNING | 12 12 | 4 |  | 3-1-2-1 2-1-3-1 |  |
| 4 | DUMBELL GOBLET SUMO SQUATS DUMBELL CALF RAISES | 12 12 | 4 |  | 3-1-2-1 2-2-2-1 |  |

|  |  |  |  |  |  |  |
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| **3.** | | | | | | |
| **CORE SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | HBH BIKE |  |  |  | 2-2-2-1 |  |
| 2 | SUPERMAN PRESS |  |  |  | 2-2-2-1 |  |
| 3 | CRUNCHES |  |  |  | 2-2-2-1 |  |

SUPERSETS ON REPS REPS SETS REST TIME  
TRAINING 1 +0 +0 50S  
TRAINING 2 +1 +0 50S  
TRAINING 3 +2 +0 50S  
TRAINING 4 +1 +1 50S  
TRAINING 5 +2 +1 55S   
TRAINING 6 +3 +1 50S  
  
ABS SINGLE SETS ON TIME  
TRAINING 1 4 35 40S  
TRAINING 2 4 40 40S  
TRAINING 3 4 45 40S  
TRAINING 4 5 30 40S  
TRAINING 5 5 45 40S   
TRAINING 6 5 40 40S