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| --- |
| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 5 BOOTYBUILDER**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **TABATA SINGLE LEG WORK** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BULGARIAN SPILT SQUATS L BULGARIAN SPLIT SQUATS R |  |  |  |  |  |
| 2 | SINGLE LEG ROMANIAN DEADLIFT L  SINGLE LEG ROMANIAN DEADLIFT R |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **21E** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | GOBLET SQUATS |  |  |  |  |  |
| 2 | STATIONATED LUNGES |  |  |  |  |  |
| 3 | BAND DEADLIFT |  |  |  |  |  |
| 4 | DUMBELL GOBLET SUMO SQUATS |  |  |  |  |  |
| 6 | LYING GLUTE SIDE RAISES |  |  |  |  |  |
| 7 | CALF RAISES |  |  |  |  |  |
| 8 | DUMBELL HAMMER CURL |  |  |  |  |  |

CORE TABATA WORK TIME REST TIME   
TRAINING 1 3 ROUNDS 22 10   
TRAINING 3 4 ROUNDS 20 10   
TRAINING 5 4 ROUNDS 24 10   
TRAINING 7 5 ROUNDS 20 10   
TRAINING 9 5 ROUNDS 24 10   
TRAINING 11 6 ROUNDS 20 10

21E SETS REPS REST  
TRAINING 1 3 6/6/6 50S  
TRAINING 2 3 7/7/7 50S  
TRAINING 3 3 6/6/6 50S  
TRAINING 4 4 7/7/7 40S  
TRAINING 5 4 8/8/8 40S  
TRAINING 6 4 9/9/9 40S