

# TABATA

EXAMPLE: 20 SECONDS WORK / 10 SECONDS PAUSE FOR 8 ROUNDS

# EMOM

EVERY MINUTE ON THE MINUTE, EXAMPLE 10 PUSH-UPS ON EVERY MINUTE FOR '6 MINUTES LONG

# AMRAP

AS MANY REPS AS POSSIBLE OR AS MANY ROUNDS AS POSSIBLE IN A GIVEN TIME OF PERIOD

# METCON

METCON MEANS MULTIPLE AMRAPs AFTER EACH OHTER



# **SINGLE SET**

**SINGLE EXERCISE 1 SET OF REPETITION(S) PAUZE REPEAT UNTIL TOTAL SETS ARE FINISHED**

# **SUPERSET**

**2 EXERCISES BACK TO BACK PAUZE REPEAT UNTIL TOTAL REPETITION(S) AND SETS ARE FINISHED**

# **TRISSET**

**3 EXERCISES BACK TO BACK PAUZE REPEAT UNTIL TOTAL REPS SETS ARE FINISHED**

# **DROPSET**

**DROPSET MEANS A AMOUNT OF SETS OF THE SAME EXERCISE BUT EVERY SET THE WEIGHT DROPS**

# **PIRAMIDE-UP**

**THE REPETITIONS GO UP, THE WEIGHT GETS LIGHTER**

## **PIRAMIDE-UP**

THE REPETITIONS GO DOWN, THE WHEIGHT GETS UP

## **SINGLE SIDE EXERSICE**

SINGLE ARM AND SINGLE LEG WORK

## **SPEEDUPSET**

SPEED UPSET MEANS A AMOUNT OF SETS OF THE SAME EXERSICE BACK TO BACK EVERY SET GETS MORE WHEIGHT

## **NEGATIEF**

NETATIEF TRAINING MEANS A SLOW MOVEMENT ON GRAVITY AND A NORMAL OR A ASSISTED WAY UP

# **CIRQUIT TRAINING**

**CIRCUIT TRAINING MEANS A AMOUT OF EXERSICE BACK TO BACK IN A TIME CAP IN FOLLOWING ORDER**

