

## PT-HAARLEM VIDEO CALL GROUP TRAINING MONDAY 17:00

### WORKOUT 1

#### 1) WARMING UP

#### 2) CONDITIONING AND ABDOMINALS

10 MINUTES EMOM 1

EXERCISE		MODIFIDE EXERCISE (les hard)
MINUT 1	BURPYS 7 REPS	FLOOR TOUCH AND JUMP 12 REPS
MINUT 2	PLANKING 40 SECONDS	PLANK FROM KNEES 35 SECONDS or les

10 MINUTES EMOM 2

EXERCISE		MODIFIDE EXERCISE (les hard)
MINUT 1	JUMPSQUATS OVER TOWEL 12 REPS	JUMPING JACKS 35 reps
MINUT 2	DEADBUG 2x7	SUPERMAN 2x7

#### 3) STRENGHT EXERCISE

#### SINGLE SET ON TIME

#	NAME EXERCISE	MODIFIDE EXERCISE (les hard)	
1	BULGARIAN SPLIT SQUATS 3 sets van 2 x 30w 30r	LUNGES STATIONATED 3 sets van 2 x 30s 30r	Chair, couch, dumbbell, bottle of water
2	HIP THRUSTER 4 sets 35w 40s rust	HIP BRIDGE 4 sets 35w 40r	Mat
3	PUSH UPS 4 sets van 40w of muscle failer 60r	PUSH-UPS FROM KNEES 3 sets van 40w of muscle failer 60r	Mat
4	PUSH-UP HOLD LOW 4x 14w 40r	PUSH-UP HOLD LOW FROM KNEES 4x 14w 40r	Mat
5	BOTTLE REVERSE FLY 4 sets van 40w 40r	SHOULDER SIDE RAISES 4 sets van 40w 40r	dumbbell, bottle of water
6	V-UPS 4 sets van 35w 40r	CRUNCHES 4 sets van 35w 40r	Mat

#### 4) STRETCHING

