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| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 1 CONDITIONING**

|  |
| --- |
| **2.** |
| **BUY-IN** |
| 10 BURPYS |

|  |
| --- |
| **3.** |
| **TABATA**  |
| 6 RONDES10 SECONDS SPRINTS15 SECONDS WALKING |

|  |
| --- |
| **4.** |
| **STRETCHING** |
| STATIC STRETCHING |

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| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 2 CONDITIONING**

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| --- |
| **2.** |
| **BUY-IN** |
| 11 BURPYS |

|  |
| --- |
| **3.** |
| **TABATA**  |
| 6 RONDES12 SECONDS SPRINTS15 SECONDS WALKING |

|  |
| --- |
| **4.** |
| **STRETCHING** |
| STATIC STRETCHING |

|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 3 CONDITIONING**

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| --- |
| **2.** |
| **BUY-IN** |
| 12 BURPYS |

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| --- |
| **3.** |
| **TABATA**  |
| 7 RONDES10 SECONDS SPRINTS15 SECONDS WALKING |

|  |
| --- |
| **4.** |
| **STRETCHING** |
| STATIC STRETCHING |

|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 4 CONDITIONING**

|  |
| --- |
| **2.** |
| **BUY-IN** |
| 13 BURPYS |

|  |
| --- |
| **3.** |
| **TABATA**  |
| 7 RONDES12 SECONDS SPRINTS15 SECONDS WALKING |

|  |
| --- |
| **4.** |
| **STRETCHING** |
| STATIC STRETCHING |

|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP (ZIE WEBSITE) |

**WWW.PT-HAARLEM.NL WORKOUT 5 CONDITIONING**

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| --- |
| **2.** |
| **BUY-IN** |
| 14 BURPYS |

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| --- |
| **3.** |
| **TABATA**  |
| 8 RONDES10 SECONDS SPRINTS20 SECONDS WALKING |

|  |
| --- |
| **4.** |
| **STRETCHING** |
| STATIC STRETCHING |