

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		<b>REPS/SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL ARNOLD PRESS L-SIT FLOOR</b>	<b>8</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL FLOOR CHEST PRESS</b>	<b>8</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>PUSH-UPS</b>	<b>Max</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>4</b>	<b>DIPPING BEHIND THE BACK</b>	<b>Max</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>5</b>	<b>DUMBELL SIDE RAISES</b>	<b>10</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>DUMBELL TRICEP EXTENSION</b>	<b>10</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>7</b>	<b>V-UPS</b>	<b>6</b>	<b>3</b>		<b>2-2-3-1</b>	<b>60s</b>

**3.****CONDITIONING****OUTDOOR RUNNING**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		REPS/SEC.	SETS	WHEIGHT	TEMPO	REST
<b>1</b>	<b>DUMBELL RDL</b>	<b>8</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL GOBLET (FRONT) SQUATS</b>	<b>8</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BARBELL BENT OVER ROW</b>	<b>8</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>4</b>	<b>PLATE SUPERMAN PRESS</b>	<b>8</b>	<b>3</b>		<b>2-2-2-2</b>	<b>60s</b>
<b>5</b>	<b>BARBELL BENT OVER BICEP CURL</b>	<b>9</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>PLANKING</b>	<b>35</b>	<b>3</b>		<b>N.V.T</b>	<b>60s</b>

**3.****CONDITIONING****ROPE JUMPS 2x100**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		REPS/SEC.	SETS	WHEIGHT	TEMPO	REST
<b>1</b>	<b>DUMBELL ARNOLD PRESS L-SIT FLOOR</b>	<b>9</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL FLOOR CHEST PRESS</b>	<b>9</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>PUSH-UPS</b>	<b>Max</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>4</b>	<b>DIPPING BEHIND THE BACK</b>	<b>Max</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>5</b>	<b>DUMBELL SIDE RAISES</b>	<b>11</b>	<b>3</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>DUMBELL TRICEP EXTENSION</b>	<b>11</b>	<b>3</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>7</b>	<b>V-UPS</b>	<b>7</b>	<b>3</b>		<b>2-2-3-1</b>	<b>60s</b>

**3.****CONDITIONING****OUTDOOR RUNNING**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		REPS/SEC.	SETS	WHEIGHT	TEMPO	REST
1	DUMBELL RDL	9	3		3-1-2-1	60s
2	DUMBELL GOBLET (FRONT) SQUATS	9	3		3-1-2-1	60s
3	BARBELL BENT OVER ROW	9	3		2-1-3-1	60s
4	PLATE SUPERMAN PRESS	9	3		2-2-2-2	60s
5	BARBELL BENT OVER BICEP CURL	10	3		2-1-3-1	60s
6	PLANKING	40s	3		N.V.T	60s

**3.****CONDITIONING****ROPE JUMPS 2x120**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		<b>REPS/SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL ARNOLD PRESS L-SIT FLOOR</b>	<b>8</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL FLOOR CHEST PRESS</b>	<b>8</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>PUSH-UPS</b>	<b>Max</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>4</b>	<b>DIPPING BEHIND THE BACK</b>	<b>Max</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>5</b>	<b>DUMBELL SIDE RAISES</b>	<b>10</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>DUMBELL TRICEP EXTENSION</b>	<b>10</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>7</b>	<b>V-UPS</b>	<b>6</b>	<b>4</b>		<b>2-2-3-1</b>	<b>60s</b>

**3.****CONDITIONING****OUTDOOR RUNNING**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		<b>REPS/SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL RDL</b>	<b>8</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL GOBLET (FRONT) SQUATS</b>	<b>8</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BARBELL BENT OVER ROW</b>	<b>8</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>4</b>	<b>PLATE SUPERMAN PRESS</b>	<b>8</b>	<b>4</b>		<b>2-2-2-2</b>	<b>60s</b>
<b>5</b>	<b>BARBELL BENT OVER BICEP CURL</b>	<b>9</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>PLANKING</b>	<b>35</b>	<b>4</b>		<b>N.V.T</b>	<b>60s</b>

**3.****CONDITIONING****ROPE JUMPS 2x140**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		<b>REPS/SEC.</b>	<b>SETS</b>	<b>WHEIGHT</b>	<b>TEMPO</b>	<b>REST</b>
<b>1</b>	<b>DUMBELL ARNOLD PRESS L-SIT FLOOR</b>	<b>9</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL FLOOR CHEST PRESS</b>	<b>9</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>3</b>	<b>PUSH-UPS</b>	<b>Max</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>4</b>	<b>DIPPING BEHIND THE BACK</b>	<b>Max</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>5</b>	<b>DUMBELL SIDE RAISES</b>	<b>11</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>DUMBELL TRICEP EXTENSION</b>	<b>11</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>7</b>	<b>V-UPS</b>	<b>8</b>	<b>4</b>		<b>2-2-3-1</b>	<b>60s</b>

**3.****CONDITIONING****OUTDOOR RUNNING**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		REPS/SEC.	SETS	WHEIGHT	TEMPO	REST
<b>1</b>	<b>DUMBELL RDL</b>	<b>9</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>2</b>	<b>DUMBELL GOBLET (FRONT) SQUATS</b>	<b>9</b>	<b>4</b>		<b>3-1-2-1</b>	<b>60s</b>
<b>3</b>	<b>BARBELL BENT OVER ROW</b>	<b>9</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>4</b>	<b>PLATE SUPERMAN PRESS</b>	<b>9</b>	<b>4</b>		<b>2-2-2-2</b>	<b>60s</b>
<b>5</b>	<b>BARBELL BENT OVER BICEP CURL</b>	<b>9</b>	<b>4</b>		<b>2-1-3-1</b>	<b>60s</b>
<b>6</b>	<b>PLANKING</b>	<b>40</b>	<b>4</b>		<b>N.V.T</b>	<b>60s</b>

**3.****CONDITIONING****ROPE JUMPS 3x100**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		REPS/SEC.	SETS	WHEIGHT	TEMPO	REST
1	DUMBELL ARNOLD PRESS L-SIT FLOOR	10	4		2-1-3-1	60s
2	DUMBELL FLOOR CHEST PRESS	10	4		2-1-3-1	60s
3	PUSH-UPS	Max	4		3-1-2-1	60s
4	DIPPING BEHIND THE BACK	Max	4		3-1-2-1	60s
5	DUMBELL SIDE RAISES	12	4		2-1-3-1	60s
6	DUMBELL TRICEP EXTENSION	12	4		3-1-2-1	60s
7	V-UPS	9	4		2-2-3-1	60s

**3.****CONDITIONING****OUTDOOR RUNNING**

**1.****WARMING-UP****PVC WARMING-UP (ZIE WEBSITE)****2.****THUIS SINGLE SETS**

		REPS/SEC.	SETS	WHEIGHT	TEMPO	REST
1	DUMBELL RDL	10	4		3-1-2-1	60s
2	DUMBELL GOBLET (FRONT) SQUATS	10	4		3-1-2-1	60s
3	BARBELL BENT OVER ROW	10	4		2-1-3-1	60s
4	PLATE SUPERMAN PRESS	10	4		2-2-2-2	60s
5	BARBELL BENT OVER BICEP CURL	11	4		2-1-3-1	60s
6	PLANKING	45	4		N.V.T	60s

**3.****CONDITIONING****ROPE JUMPS 3x110**