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

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

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  | **REPS/TIME** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BIKE STEADY STATE CARDIO |  |  |  |  |  |
| 2 | EMOM CORSSTRAINER OF LOOPBAND |  |  |  |  |  |
| 3 | ROEIMACHINE OF SKIERG CALORIEEN |  |  |  |  |  |
| 4 | 2 CORE OEFENINGEN NAAR KEUZE |  | Max 4 |  |  |  |
| 5 | STATIC STRETCHING |  |  |  |  |  |

**BIKE (INFIETSEN) (steady state cardio)**

**TRAINING 1 8 minuten  
TRAINING 2 9 minuten  
TRAINING 3 9 minuten  
TRAINING 4 10 minuten  
TRAINING 5 11 minuten   
TRAINING 6 12 minuten  
  
CROSSTRAINER OF LOOPBAND EMOM   
TRAINING 1 6x 80 seconden 10 calorieen  
TRAINING 2 6x 80 seconden 11 calorieen  
TRAINING 3 7x 70 seconden 9 calorieen  
TRAINING 4 7x 70 seconden 10 calorieen  
TRAINING 5 8x 60 seconden 8 calorieen  
TRAINING 6 8x 60 seconden 9 calorieen  
  
ROEIMACHINE OF SKIERG   
TRAINING 1 30 CALORIEEN 1 MINUUT RUST 30 CALORIEEN 1 MINUUT RUST, 30 CALORIEEN, 1 MINUUT RUST, 30 CALORIEEN.  
TRAINING 2 50 CALORIEEN, 1.5 MINUUT RUST, 40 CALORIEEN, 1.5 MINUUT RUST, 30 CALORIEEN, 1 MINUUT RUST, 20 CALORIEEN.  
TRAINING 3 60 CALORIEEN, 1.5 MINUUT RUST, 50 CALORIEEN, 1.5 MINUUT RUST, 40 CALORIEEN.  
TRAINING 4 32 CALORIEEN, 1 MINUUT RUST 32 CALORIEEN 1 MINUUT RUST, 32 CALORIEEN, 1 MINUUT RUST, 32 CALORIEEN, 1 MINUUT RUST, 32 CAL.  
TRAINING 5 70 CALORIEEN, 2 MINUTEN RUST, 50 CALORIEEN, 1 MINUUT RUST, 50 CALORIEEN.  
TRAINING 6 8 X 25 CALORIEEN 1 MINUUT RUST.**