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

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

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| **2.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  |  |  |  |  |  |
| 1 | CROSSTRAINER OF SKIERG STEADY STATE CARDIO |  |  |  |  |  |
| 2 | STEP-UPS |  |  |  |  |  |
| 3 | BIKE & SQUATS |  |  |  |  |  |
| 4 | ROEIMACHINE OF LOOPBAND & BURPY |  |  |  |  |  |
| 5 | 2 CORE OEFENINGEN NAAR KEUZE |  |  |  |  |  |
| 6 | STATIC STRETCHING PROGRAM 2 |  |  |  |  |  |

**1. CROSSTRAINER OF SKIERG (steady state cardio)  
TRAINING 1 9 minuten  
TRAINING 2 10 minuten  
TRAINING 3 11 minuten  
TRAINING 4 12 minuten  
TRAINING 5 13 minuten   
TRAINING 6 14 minuten  
  
2. STEP-UPS  
TRAINING 1 3x10 voorwaarts 3x10 zijwaarts  
TRAINING 2 3x12 voorwaarts 3x12 zijwaarts   
TRAINING 3 3x14 voorwaarts 3x14 zijwaarts   
TRAINING 4 4x8 voorwaarts 4x8 zijwaarts   
TRAINING 5 4x10 voorwaarts 4x10 zijwaarts   
TRAINING 6 5x12 voorwaarts 4x12 zijwaarts   
  
3. BIKE & BODYWEIGHT SQUATS   
CALORIEEN AND REPS  
TRAINING 1 14-12-10-8  
TRAINING 2 14-12-10-8-6  
TRAINING 3 14-12-10-8-6-4  
TRAINING 4 16-14-12-10-8  
TRAINING 5 18-16-14-12-10  
TRAINING 6 18-16-14-12-10-8  
  
  
  
  
4. ROEIMACHINE OF LOOPBAND & BURPYS   
CALORIEEN AND REPS  
TRAINING 1 14-12-10-8  
TRAINING 2 14-12-10-8-6  
TRAINING 3 14-12-10-8-6-4  
TRAINING 4 16-14-12-10-8  
TRAINING 5 18-16-14-12-10  
TRAINING 6 18-16-14-12-10-8**