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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**