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| --- |
| **1.** |
| **WARMING-UP** |
| WARMING-UP WORLDS GREATEST STRETCH (ZIE WEBSITE) |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CONDITIONING** | | | | | | |
|  |  |  |  |  |  |  |
| 1 | MAX DISTENTS ON THE BIKE |  |  |  |  |  |
| 2 | MAX DISTENTS ON THE SKIERG / CROSSTRAINER |  |  |  |  |  |
| 3 | MAX DISTENST ON THE TREADMILL / ROWING |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 4 | 2 CORE OEFENINGEN NAAR KEUZE |  |  |  |  |  |
| 5 | STATIC STRETCHING PROGRAM 3 |  |  |  |  |  |

**TRAINING: BIKE: SKIERG/CROSSTRAINER: TREADMILL/ROWING:  
TRAINING 1 10 MIN 20 MIN 10 MIN   
TRAINING 2 20 MIN 10 MIN 10 MIN  
TRAINING 3 10 MIN 10 MIN 20 MIN   
TRAINING 4 15 MIN 10 MIN 20 MIN  
TRAINING 5 15 MIN 15 MIN 15 MIN   
TRAINING 6 20 MIN 15 MIN 15 MIN**

**DISTANSE TRAINING 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DISTANSE TRAINING 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DISTANSE TRAINING 3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DISTANSE TRAINING 4:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DISTANSE TRAINING 5:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DISTANSE TRAINING 6:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**