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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP  |

**WWW.PT-HAARLEM.NL H.I.T. PROGRAM 2**

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| **2.** |
| **TABATA SUPERSETS** |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BODYWEIGHT JUMPS SQUATS |  |  |  |  |  |
| 2 | PUSH UP SHOULDER TAP AND LEG RAISES |  |  |  |  |  |
| 3 | LUNGES ALTERNATING AND ALTERNATING BACKWARDS AND FORWARDS EVERY ROUND  |  |  |  |  |  |
| 4 | PLANK |  |  |  |  |  |
| 5 | SUPERMAN  |  |  |  |  |  |
| 6 | BURPYS  |  |  |  |  |  |

TRAINING 1 6X20/12
TRAINING 2 6X24/10
TRAINING 3 8X20/10
TRAINING 4 8X24/12
TRAINING 5 10X20/10