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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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