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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP & WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 1 POWER DAY 1**

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| **2.** | | | | | | |
| **POWER** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SPRINT | 1x20m | 4 |  |  | 60s |
| 2 | JUMP SQUATS (TRX) | 10 | 3 |  |  | 50s |
| 3 | KETTEBELL SWINGS | 14 | 4 |  |  | 50s |
| 4 | BAND SIDE SHUFFLE | 2x 3x | 4 |  |  | 30s |
| 5 | BAND TWIST AND PUNSH | 14 | 3 |  |  | 50s |
| 6 | JUMP LUNGES | 2x6 total 12 | 3 |  |  | 50s |
| 7 | PLANKING |  |  |  |  |  |

PLANKING  
TRAINING 1 +0 reps +0 sets TRAINING 1 3X 40S / 40S REST  
TRAINING 2 +2 reps +0 sets TRAINING 2 4X 40S / 40S REST  
TRAINING 3 +4 reps +0 sets TRAINING 3 4X 45S / 40S REST  
TRAINING 4 +0 reps +1 sets TRAINING 4 4X 50S / 40S REST  
TRAINING 5 +1 reps +1 sets TRAINING 5 5X 40S / 35S REST  
TRAINING 6 +2 reps +1 sets TRAINING 6 5X 45S / 35S RUST