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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

**WWW.PT-HAARLEM.NL FULLBODY NEGATIEF**

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| --- |
| **2.** |
| **CONDITIONING** |
| ROWING |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **NEGATIEF** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS | 5 | 3 |  | 5-1-2-1 | 60s |
| 2 | CABLE ROW | 7 | 3 |  | 2-1-5-1 | 60s |
| 3 | BARBELL BENCHPRESS | 7 | 3 |  | 5-1-2-1 | 60s |
| 4 | PULLUPS | 4 | 4 |  | 1-5-1 | 60s |
| 5 | PLATE SIDE RAISES | 8 | 3 |  | 2-1-5-1 | 60s |
| 6 | TRICEP EXTENSION | 8 | 3 |  | 2-1-5-1 | 60s |
| 7 | CABLE BICEPS | 8 | 3 |  | 2-1-5-1 | 60s |

|  |  |  |  |  |  |  |
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| **4.** | | | | | | |
| **ABS NEGATIEF** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | **PLANKING** |  |  |  |  |  |

ROWING  
**(ZO SNEL MOGELIJK)  
 MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6 MIN 7 MIN 8  
TRAINING 1 7 7 6 6 5 5 4 4  
TRAINING 2 8 7 7 7 6 6 5   
TRAINING 3 8 7 7 7 6 6 5 5  
TRAINING 4 8 8 7 7 7 7 6   
TRAINING 5 8 8 8 7 7 7 6 6  
TRAINING 6 9 8 7 7 6 5 4 3**

NEGATIEF PLANKING  
TRAINING 1 +0 reps +0 sets TRAINING 1 3X 30S / 40S REST  
TRAINING 2 +2 reps +0 sets TRAINING 2 4X 30S / 40S REST  
TRAINING 3 +4 reps +0 sets TRAINING 3 4X 35S / 40S REST  
TRAINING 4 +0 reps +1 sets TRAINING 4 4X 40S / 40S REST  
TRAINING 5 +1 reps +1 sets TRAINING 5 5X 30S / 35S REST  
TRAINING 6 +2 reps +1 sets TRAINING 6 5X 35S / 35S RUST