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

**WWW.PT-HAARLEM.NL FULLBODY T.U.T**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **T.U.T UPPERBODY** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL CHEST PRESS |  |  |  |  |  |
| 2 | CABLE ROW DOUBLE CABLE |  |  |  |  |  |
| 3 | DUMBELL OVERHEAD PRESS |  |  |  |  |  |
| 4 | CABLE / BAND DOUBLE LAT PULL DOWN |  |  |  |  |  |
| 5 | DUMBELL CABLE / BAND TRICEP EXTENSION |  |  |  |  |  |

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| --- |
| **2.** |
| **CONDITIONING** |
| TABATA ROWING / SKIERG |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **LOWERBODY** | | | | | | |
|  |  | **REPS/SEC.** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | RDL (DEADLIFT) | 6 | 4 |  | 3-1-2-2 | 60s |
| 2 | BULGARIAN SPLIT SQUATS | 2X6 | 3 |  | 2-1-2-1 | 60s |

TABATA ROWING / SKIERG  
TRAINING 1 7X 20/10   
TRAINING 2 7X 24/10   
TRAINING 3 8X 20/10   
TRAINING 4 8X 24/10   
TRAINING 5 9X 20/10   
TRAINING 6 10X 20/10   
  
LOWERBODY   
TRAINING 1 +0 reps +0 sets   
TRAINING 2 +2 reps +0 sets   
TRAINING 3 +4 reps +0 sets   
TRAINING 4 +0 reps +1 sets   
TRAINING 5 +1 reps +1 sets   
TRAINING 6 +2 reps +1 sets

UPPERBODY T.U.T.  
 SETS: REPS: WEIGHT: DOUBLE:   
TRAINING 1 3 5/4/3/2/1 1  
TRAINING 2 3 6/5/4/3/2 2   
TRAINING 3 3 7/6/5/4/3 3   
TRAINING 4 3 5/4/3/2/1 ZWAARDER DAN TRAINING 1 1  
TRAINING 5 3 6/5/4/3/2 ZWAARDER DAN TRAINING 2 2  
TRAINING 6 3 7/6/5/4/3 ZWAARDER DAN TRAINING 3 3