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

**WWW.PT-HAARLEM.NL PROGRAM 1 FATLOSS**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL DEADLIFT 2 ASSAULT BIKE | 8 8 CAL |  |  | 3-1-2-1 |  |
| 2 | 1 BARBELL OVERHEAD PRESS 2 ROPE JUMPS (1 REP: 10 JUMPS) | 8 60 |  |  | 2-2-2-1 |  |
| 3 | 1 AUSTRAILIAN PULL-UPS 2 RUNNING | 8 8 CAL |  |  | 2-2-2-1 |  |
| 4 | 1 BARBELL BENCH PRESS  2 BOX JUMPS | 8 8 |  |  | 3-1-2-1 |  |

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| **3.** | | | | | | |
| **ABS SINGLE SETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | LEG KICKS |  |  |  | 2-1-2-1 |  |
| 3 | SUPERMAN PRESS |  |  |  | 2-1-2-1 |  |

CONDITIONING INTERVAL SKIERG   
TRAINING 1 4X 40/20   
TRAINING 2 4X 40/30   
TRAINING 3 5X 40/20   
TRAINING 4 5X 40/30   
TRAINING 5 6X 40/20   
TRAINING 6 6X 40/30   
  
  
SUPERSETS  
TRAINING 1 3 sets +0 reps 60 seconds   
TRAINING 2 3 sets +1 rep 55 seconds   
TRAINING 3 3 sets +2 reps 50 seconds   
TRAINING 4 4 sets +0 reps 55 seconds   
TRAINING 5 4 sets +2 reps 50 seconds   
TRAINING 6 4 sets +1 rep 45 seconds  
  
  
  
ABS SINGLE SETS ONTIME  
TRAINING 1 4 35 50S  
TRAINING 2 4 40 50S  
TRAINING 3 4 45 45S  
TRAINING 4 5 30 45S  
TRAINING 5 5 45 50S   
TRAINING 6 5 40 50S