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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 DEADLIFT2 ASSAULT BIKE  | 88 CAL |  |  | 3-1-2-1 |  |
| 2 | 1 BARBELL OVERHEAD PRESS2 ROPE JUMPS (1 REP: 10 JUMPS) | 860 |  |  | 2-2-2-1 |  |
| 3 | 1 AUSTRAILIAN PULL-UPS2 RUNNING | 88 CAL |  |  | 2-2-2-1 |  |
| 4 | 1 BARBELL BENCH PRESS 2 BOX JUMPS | 88 |  |  | 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