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| **1.** |
| **WARMING-UP** |
|  DYNAMISCHE WARMING-UP  |

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

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| **2.**  |
| **SUPER-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BAND THRUSTER2 RENAGADE ROW |  |  |  |  |  |
| 2 | 1 BAND DEADLIFT2 PUSH-UPS |  |  |  |  |  |
| 3 | 1 PUSH-UP WALKOUT 2 LUNGES ALTERNATING |  |  |  |  |  |
| 4 | 1 JUMP SQUATS 2 DUMBELL CURL AND PRESS |  |  |  |  |  |

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

SUPERSETS ON TIME SETS WORK TIME REST TIME
TRAINING 1 4 35 40S
TRAINING 2 4 40 45S
TRAINING 3 4 45 40S
TRAINING 4 5 30 40S
TRAINING 5 5 45 35S
TRAINING 6 5 40 30S

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