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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 THRUSTER 2 RENAGADE ROW |  |  |  |  |  |
| 2 | 1 BAND DEADLIFT 2 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