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| **1.** |
| **WARMING-UP** |
|  DYNAMISCHE WARMING-UP CONDITIONING 7 MINUTES BIKE / SKIERG / RUNNING / ROPEJUMPS / CROSSTRAINER / STAIRWALKER / ROW  |

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

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| **2.**  |
| **SINGLE SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS | 6 | 4 |  | 3-1-2-1 |  |
| 2 | BARBELL RDL DEADLIFT | 6 | 4 |  | 2-2-2-1 |  |
| 3 | DUMBELL BOX STEP-UPS | 2X6 | 3 |  | 2-2-3-1 |  |
| 4 | PUSH-UPS | MAX-2 | 4 |  | 3-1-2-1 |  |
| 5 | AUSTRAILIAN PULL-UPS | 8 | 4 |  | 2-2-2-1 |  |
| 6 | DUMBELL ARNOLD PRESS | 8 | 3 |  | 2-2-2-1 |  |
| 7 | CABLE TRICEP EXTENSION | 10 | 3 |  | 2-1-3-1 |  |
| 8 | CABLE BICEP CURL | 10 | 3 |  | 2-1-3-1 |  |

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| **3.** |
| **CORE SINGLE SETS ON TIME** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | SUPERMAN |  |  |  | 2-2-2-2 |  |
| 3 | HBH (3 POSITIONS)  |  |  |  | 2-2-2-1 |  |

SINGLE SETS REPS REPS SETS REST TIME
TRAINING 1 +0 +0 50S
TRAINING 2 +1 +0 50S
TRAINING 3 +2 +0 50S
TRAINING 4 +1 +1 50S
TRAINING 5 +3 +1 55S
TRAINING 6 +4 +1 50S

CORE SINGLE SETS ON TIME WORK TIME REST TIME
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 1 5 40 50S