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

**WWW.PT-HAARLEM.NL PROGRAM 1.1 UPPERBODY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BENCH PRESS ASSAULT BIKE |  |  |  | 3-1-2-1 |  |
| 2 | RING/TRX AUSTRAILIAN PULL UPS  PUSH-UP WALKOUT |  |  |  | 2-2-2-1 |  |
| 3 | PUSH-UPS RUNNING |  |  |  | 3-1-2-1 |  |
| 4 | DUMBELL CURL AND PRESS HIGH KNEES |  |  |  |  |  |

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

SUPERSETS ON TIME SETS WORK TIME REST TIME  
TRAINING 1 4 35 40S  
TRAINING 3 4 40 45S  
TRAINING 5 4 45 40S  
TRAINING 7 5 30 40S  
TRAINING 9 5 45 35S   
TRAINING 11 5 40 30S  
  
ABS SINGLE SETS ON TIME  
TRAINING 1 4 35 50S  
TRAINING 3 4 40 50S  
TRAINING 5 4 45 45S  
TRAINING 7 5 30 45S  
TRAINING 9 5 45 50S   
TRAINING 11 5 40 50S

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

**WWW.PT-HAARLEM.NL PROGRAM 1.2 LOWERBODY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL DEADLIFT BURPEES |  |  |  | 2-1-3-1 |  |
| 2 | DUMBELL BOX STEP-UPS SKIERG |  |  |  | 3-1-2-1 |  |
| 3 | BARBELL LUNGES BACKWARDS WALLBALL |  |  |  |  |  |
| 4 | BOX JUMPS BATTLE ROPE |  |  |  |  |  |

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

SUPERSETS ON TIME SETS WORK TIME REST TIME  
TRAINING 2 4 35 40S  
TRAINING 4 4 40 45S  
TRAINING 6 4 45 40S  
TRAINING 8 5 30 40S  
TRAINING 10 5 45 35S   
TRAINING 12 5 40 30S  
  
ABS SINGLE SETS ON TIME  
TRAINING 2 4 35 50S  
TRAINING 4 4 40 50S  
TRAINING 6 4 45 45S  
TRAINING 8 5 30 45S  
TRAINING 10 5 45 50S   
TRAINING 12 5 40 50S