|  |
| --- |
| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCHCONDITIONING RUNNING & BIKE PIRAMIDE |

**WWW.PT-HAARLEM.NL PROGRAM 2 FATLOSS**

|  |
| --- |
| **3.** |
| **CORE TABATA**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK 2 LEG KICKS ABS |  |  |  | 1-1-1-1 |  |
| 2 | 1 HBH BIKE2 SUPERMAN PRESS |  |  |  | 2-1-2-12-1-2-1 |  |

|  |
| --- |
| **2.**  |
| **EMOM 2 EXERCISE**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL BACK SQUATS2 SKIERG |  |  |  | 3-1-2-1 |  |
| 2 | 1 KETTEBELL ARNOLD PRESS L-SIT2 WALLBALL |  |  |  | 2-2-2-1 |  |
| 3 | 1 DUMBELL BENCH PRESS2 RUNNING |  |  |  | 3-1-2-1 |  |
| 4 | 1 PULL-UPS2 BOX JUMPS |  |  |  | 2-1-3-1 |  |

CONDITIONING
TRAINING 1 11-9-7 RUNNING / ASSAULT BIKE
TRAINING 2 12-10-8 RUNNING / ASSAULT BIKE
TRAINING 3 14-12-10 RUNNING / ASSAULT BIKE
TRAINING 4 12-10-8-6 RUNNING / ASSAULT BIKE
TRAINING 5 14-12-10-8 RUNNING / ASSAULT BIKE
TRAINING 6 16-1412-10 RUNNING / ASSAULT BIKE

EMOM 2 EXERCISE
2. STRENGHT EMOM 80 SECONDS
TRAINING 1 4 ROUNDS +0 reps
TRAINING 2 4 ROUNDS +1 rep
TRAINING 3 4 ROUNDS +2 reps
TRAINING 4 5 ROUNDS +0 reps
TRAINING 5 5 ROUNDS +2 reps
TRAINING 6 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME
TRAINING 1 3 ROUNDS 22 10
TRAINING 2 4 ROUNDS 20 10
TRAINING 3 4 ROUNDS 24 10
TRAINING 4 5 ROUNDS 20 10
TRAINING 5 5 ROUNDS 24 10
TRAINING 6 6 ROUNDS 20 10