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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP WORLDS GREATEST STRETCH CONDITIONING 8 MINUTES BIKE / SKIERG / RUNNING / ROPEJUMPS / CROSSTRAINER / STAIRWALKER / ROW |

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

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| **3.** | | | | | | |
| **CORE SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | HBH BIKE |  |  |  | 2-2-2-1 |  |
| 2 | SUPERMAN PRESS |  |  |  | 2-2-2-1 |  |
| 3 | CRUNCHES |  |  |  | 2-2-2-1 |  |

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| **2.** | | | | | | |
| **SUPER-SETS ON REPS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS DUMBELL BOX STEP UPS | 6 2X6 | 3 |  | 3-1-2-1 2-2-2-1 |  |
| 2 | PUSH-UPS DUMBELL BENCH PRESS | MAX-2 8 | 3 |  | 3-1-2-1 3-1-2-1 |  |
| 3 | DUMBELL KNEELING ARNOLD PRESS DUMBELL SHOULDER SIDE RAISES | 8 10 | 3 |  | 2-2-2-1 2-1-3-1 |  |
| 4 | AUSTRAILIAN PULL-UP DUMBELL BENT OVER REVERSE FLY | 10 10 | 3 |  | 2-2-2-1 2-2-2-1 |  |

SUPERSETS ON 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 +0 +2 50S  
  
CORE SINGLE SETS ON 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 6 5 40 50S