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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP WORLDS GREATEST STRETCHCONDITIONING 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 SQUATSDUMBELL BOX STEP UPS | 62X6 | 3 |  | 3-1-2-12-2-2-1 |  |
| 2 | PUSH-UPSDUMBELL BENCH PRESS | MAX-28 | 3 |  | 3-1-2-13-1-2-1 |  |
| 3 | DUMBELL KNEELING ARNOLD PRESSDUMBELL SHOULDER SIDE RAISES | 810 | 3 |  | 2-2-2-12-1-3-1 |  |
| 4 | AUSTRAILIAN PULL-UPDUMBELL BENT OVER REVERSE FLY | 1010 | 3 |  | 2-2-2-12-2-2-1 |  |

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