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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 2.1 UPPERBODY**

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL BENCH PRESS BURPEES | 12 6 |  |  | 3-1-2-1 |  |
| 2 | DUMBELL KNEELING ARNOLD PRESS ASSAULTBIKE | 12 8 CAL |  |  | 2-2-2-1 |  |
| 3 | PULL-UPS PUSH-UP WALK-OUT | 10 6 |  |  | 2-1-3-1 |  |
| 4 | CABLE ROW WALLBALL | 12 12 |  |  | 2-1-3-1 |  |

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK & CRUNCHES |  |  |  |  |  |
| 2 | SUPERMAN PRESS & SUPERMAN |  |  |  |  |  |

EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 1 4 SETS +0 reps 60 SECONDS REST   
TRAINING 3 4 SETS +2 reps 60 SECONDS REST   
TRAINING 5 4 SETS +4 reps 60 SECONDS REST   
TRAINING 7 5 SETS +0 reps 60 SECONDS REST   
TRAINING 9 5 SETS +2 reps 60 SECONDS REST   
TRAINING 11 5 SETS +3 reps 60 SECONDS REST

CORE TABATA WORK TIME REST TIME   
TRAINING 1 3 ROUNDS 22 10   
TRAINING 3 4 ROUNDS 20 10   
TRAINING 5 4 ROUNDS 24 10   
TRAINING 7 5 ROUNDS 20 10   
TRAINING 9 5 ROUNDS 24 10   
TRAINING 11 6 ROUNDS 20 10

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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 2.2 LOWERBODY**

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | LEG KICKS & CRUNCHES |  |  |  |  |  |
| 2 | SIDE PLANK L & SIDE PLANK R |  |  |  |  |  |

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS ROPE JUMPS | 10 60 |  |  | 3-1-2-1 |  |
| 2 | BARBELL ROMANIAN DEADLIFT RUNNING | 8 8 CAL |  |  | 3-1-2-1 |  |
| 3 | DUMBELL THRUSTER SPEEDLADDER | 12 2X |  |  |  |  |
| 4 | PLYO BOX JUMPS SKIERG | 10 8 CAL |  |  |  |  |

EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 2 4 SETS +0 reps 60 SECONDS REST   
TRAINING 4 4 SETS +2 reps 60 SECONDS REST   
TRAINING 6 4 SETS +4 reps 60 SECONDS REST   
TRAINING 8 5 SETS +0 reps 60 SECONDS REST   
TRAINING 10 5 SETS +2 reps 60 SECONDS REST   
TRAINING 12 5 SETS +3 reps 60 SECONDS REST

CORE TABATA WORK TIME REST TIME   
TRAINING 2 3 ROUNDS 22 10   
TRAINING 4 4 ROUNDS 20 10   
TRAINING 6 4 ROUNDS 24 10   
TRAINING 8 5 ROUNDS 20 10   
TRAINING 10 5 ROUNDS 24 10   
TRAINING 12 6 ROUNDS 20 10