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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 PRESSBURPEES | 126 |  |  | 3-1-2-1 |  |
| 2 | DUMBELL KNEELING ARNOLD PRESSASSAULTBIKE | 128 CAL |  |  | 2-2-2-1 |  |
| 3 | PULL-UPSPUSH-UP WALK-OUT | 106 |  |  | 2-1-3-1 |  |
| 4 | CABLE ROWWALLBALL | 1212 |  |  | 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 SQUATSROPE JUMPS | 1060 |  |  | 3-1-2-1 |  |
| 2 | BARBELL ROMANIAN DEADLIFTRUNNING | 88 CAL |  |  | 3-1-2-1 |  |
| 3 | DUMBELL THRUSTERSPEEDLADDER  | 122X |  |  |  |  |
| 4 | PLYO BOX JUMPSSKIERG | 108 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