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| **1.** |
| **WARMING-UP** |
|  DYNAMISCHE WARMING-UP CONDITIONING EMOM RUNNING |

**WWW.PT-HAARLEM.NL PROGRAM 3 FATLOSS**

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| **2.**  |
| **TRI-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL BACK SQUATS2 PUSH-UPS3 ASSAULTBIKE |  |  |  | 3-1-2-13-1-2-1 |  |
| 2 | 1 BARBELL DEADLIFT2 AUSTRAILIAN PULLUP3 ROPE JUMPS |  |  |  | 2-1-3-12-2-2-1 |  |
| 3 | 1 BOX JUMPS2 BARBELL OVERHEAD PRESS3 SKIERG |  |  |  | 2-2-2-1 |  |

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| **3.** |
| **CORE AMRAP** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | FLOOR TOUCH AND REACH HBH BIKE |  |  |  |  |  |

EMOM RUNNING SETS EMOM CALORIEEN
TRAINING 1 4X 70S 7
TRAINING 2 4X 60S 7
TRAINING 3 5X 70S 7
TRAINING 4 5X 60S 7
TRAINING 5 6X` 70S 7
TRAINING 6 6X 60S 7

TRISETS ON TIME
 SETS WORK TIME BETWEEN TIME REST TIME
TRAINING 1 4 35 10 60S
TRAINING 2 4 40 10 50S
TRAINING 3 2X2 35 10 80S
TRAINING 4 2X2 40 10 70S
TRAINING 5 5 40 10 50S
TRAINING 6 5 45 10 45S

CORE AMRAP

 TIME HBH BIKE FLOOR TOUCH AND REACH
TRAINING 1 5 MINUTEN 2X6 8
TRAINING 2 5 MINUTEN 2X7 8
TRAINING 3 6 MINUTEN 2X7 9
TRAINING 4 6 MINUTEN 2X8 9
TRAINING 5 7 MINUTEN 2X8 10
TRAINING 6 7 MINUTEN 2X9 10