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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 SQUATS 2 PUSH-UPS 3 ASSAULTBIKE |  |  |  | 3-1-2-1 3-1-2-1 |  |
| 2 | 1 BARBELL DEADLIFT 2 AUSTRAILIAN PULLUP 3 ROPE JUMPS |  |  |  | 2-1-3-1 2-2-2-1 |  |
| 3 | 1 BOX JUMPS 2 BARBELL OVERHEAD PRESS 3 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