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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 3.1 LOWERBODY**

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| **2.** | | | | | | |
| **TRI-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS BURPEES ROPE JUMPS |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL DEADLIFT ASSAULT BIKE  MOUNTAINCLIMBERS |  |  |  | 2-1-3-1 |  |
| 3 | BOX JUMPS WALLBALL ROPE JUMPS |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE AMRAP** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | FLOOR TOUCH AND REACH  HBH BIKE |  |  |  | 2-2-2-1 |  |

TRISETS ON TIME   
 SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 4 35 10 60S  
TRAINING 3 4 40 10 50S  
TRAINING 5 2X2 35 10 80S   
TRAINING 7 2X2 40 10 70S  
TRAINING 9 5 40 10 50S  
TRAINING 11 5 45 10 45S

CORE AMRAP

TIME HBH BIKE FLOOR TOUCH AND REACH  
TRAINING 1 5 MINUTEN 2X6 8   
TRAINING 3 5 MINUTEN 2X7 8  
TRAINING 5 6 MINUTEN 2X7 9   
TRAINING 7 6 MINUTEN 2X8 9  
TRAINING 9 7 MINUTEN 2X8 10  
TRAINING 11 7 MINUTEN 2X9 10

**WWW.PT-HAARLEM.NL PROGRAM 3.2 UPPERBODY**

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| **2.** | | | | | | |
| **TRI-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BENCH PRESS AUSTRAILIAN ROW RUNNING |  |  |  | 3-1-2-1 2-2-2-1 |  |
| 2 | OVERHEAD PRESS PULL UPS PUSH-UP WALK-OUT |  |  |  | 2-2-2-1 2-1-3-1 |  |
| 3 | TRICEP CABLE EXTENSION BICEPS BARBELL CURL SKIERG |  |  |  | 2-1-3-1 2-1-3-1 |  |

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| **3.** | | | | | | |
| **CORE AMRAP** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BAND THRUSTER  SIT-UPS |  |  |  | 2-1-3-1 |  |

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP |

TRISETS ON TIME   
 SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 2 4 35 10 60S  
TRAINING 4 4 40 10 50S  
TRAINING 6 2X2 35 10 80S   
TRAINING 8 2X2 40 10 70S  
TRAINING 10 5 40 10 50S  
TRAINING 12 5 45 10 45S

CORE AMRAP

TIME SIT-UPS BAND THRUSTER  
TRAINING 2 5 MINUTEN 10 10   
TRAINING 4 5 MINUTEN 12 12  
TRAINING 6 6 MINUTEN 10 12   
TRAINING 8 6 MINUTEN 12 14  
TRAINING 10 7 MINUTEN 12 12  
TRAINING 12 7 MINUTEN 14 16