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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 SQUATSBURPEESROPE JUMPS |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL DEADLIFTASSAULT BIKE MOUNTAINCLIMBERS |  |  |  | 2-1-3-1 |  |
| 3 | BOX JUMPSWALLBALLROPE 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 PRESSAUSTRAILIAN ROWRUNNING |  |  |  | 3-1-2-12-2-2-1 |  |
| 2 | OVERHEAD PRESSPULL UPSPUSH-UP WALK-OUT |  |  |  | 2-2-2-12-1-3-1 |  |
| 3 | TRICEP CABLE EXTENSIONBICEPS BARBELL CURLSKIERG |  |  |  | 2-1-3-12-1-3-1 |  |

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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