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| **1.** |
| **WARMING-UP** |
|  PVC WARMING-UP CONDITIONING |

**WWW.PT-HAARLEM.NL PROGRAM 4 FATLOSS**

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| **2.**  |
| **EMOM PIRAMIDE 60 SECONDEN** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 STEP STEP-UPS2 PUSH-UPS (OF DUMBELL BENCHPRESS) 3 BAND THRUSTER (SQUAT EN PRESS)4 (STEP) MOUNTAINCLIMBERS 6 7  |  |  |  |  |  |

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| **3.** |
| **CORE TRI-SET ON TIME** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK2 PLATE SUPERMAN PRESS3 HBH BIKE |  |  |  |  |  |

**STEP-UPS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 2X8 2X8 2X8 2X8 2X8
TRAINING 2 2X8 2X8 2X8 2X8 2X8 2X8
TRAINING 3 2X9 2X9 2X9 2X9 2X9 2X9
TRAINING 4 2X11 2X11 2X10 2X9 2X9 2X9
TRAINING 5 2X11 2X11 2X11 2X10 2X10 2X8
TRAINING 6 2X11 2X11 2X11 2X11 2X11 2X11
TRAINING 7 2X12 2X12 2X8 2X8 2X8 2X8
TRAINING 8 2X14 2X12 2X10 2X8 2X8 2X8

**PUSH-UPS SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 6 6 6 5 5 5
TRAINING 2 6 6 6 6 6 6
TRAINING 3 7 7 7 6 6 6
TRAINING 4 7 7 7 7 7 7
TRAINING 5 8 8 8 7 7 7
TRAINING 6 8 8 8 8 8 8
TRAINING 7 9 9 8 8 8 8
TRAINING 8 9 9 9 9 9 9

**BAND THRUSTER 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 8 8 8 8 8
TRAINING 2 8 8 8 8 8 8
TRAINING 3 9 9 9 9 9 9
TRAINING 4 11 11 10 9 9 9
TRAINING 5 11 11 11 10 10 8
TRAINING 6 11 11 11 11 11 11
TRAINING 7 12 12 8 8 8 8
TRAINING 8 14 12 10 8 8 8

MOUNTAINCLIMBERS **90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 24 24 24 20 20
TRAINING 2 24 24 24 24 24
TRAINING 3 22 22 22 22 22 22
TRAINING 4 24 24 24 22 22 22
TRAINING 5 24 24 24 24 24 24
TRAINING 6 26 26 24 24 24 24
TRAINING 7 26 26 26 26 24 24
TRAINING 8 26 26 26 26 26 26

**PULL-UPS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 8 8 8 8 8
TRAINING 2 8 8 8 8 8 8
TRAINING 3 9 9 9 9 9 9
TRAINING 4 11 11 10 9 9 9
TRAINING 5 11 11 11 10 10 8
TRAINING 6 11 11 11 11 11 11
TRAINING 7 12 12 8 8 8 8
TRAINING 8 14 12 10 8 8 8

**JUMP SQUATS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 8 8 8 8 8
TRAINING 2 8 8 8 8 8 8
TRAINING 3 9 9 9 9 9
TRAINING 4 9 9 9 9 9 9
TRAINING 5 10 10 10 10 10
TRAINING 6 10 10 10 10 10 10
TRAINING 7 11 11 11 11 11
TRAINING 8 11 11 11 11 11 11

 SETS WORK TIME BETWEEN TIME REST TIME
TRAINING 1 3 35 10 60S
TRAINING 2 3 40 10 50S
TRAINING 3 4 35 10 60S
TRAINING 4 4 40 10 50S
TRAINING 5 5 40 10 50S
TRAINING 6 5 45 10 45S